

Core Values Worksheet



Rank your values online

Four steps to the values that matter most to you: mark, narrow, rank and live them. Allow about 30 minutes, and answer for the life you have, not the one you think you should have.

1 Mark the values that fit

Tick every value that feels like you. Do not think about order yet, and tick as many as you like. Each value belongs to one of five groups, and its colour shows which.

● STABILITY

- ☐ **Certainty**
Knowing what comes next
- ☐ **Commitment**
Sticking with decisions and people
- ☐ **Control**
Having things under control
- ☐ **Discipline**
Doing what needs doing, consistently
- ☐ **Financial stability**
Enough money not to worry about it
- ☐ **Health**
A body and mind that work well
- ☐ **Inner harmony**
Calm and balance within yourself
- ☐ **Job security**
A job you can count on
- ☐ **Peace**
Calm around you, without conflict
- ☐ **Privacy**
A personal life others don't intrude on
- ☐ **Security**
Feeling safe and protected
- ☐ **Tradition**
Keeping customs passed down to you
- ☐ **Religion**
Living by your faith

● CONNECTION

- ☐ **Acceptance**
Being taken as you are
- ☐ **Appreciation**
Being valued for what you do
- ☐ **Compassion**
Caring about other people's pain
- ☐ **Equality**
The same rights and chances for everyone
- ☐ **Family**
Closeness to the people you call family
- ☐ **Forgiveness**
Letting go of resentment
- ☐ **Friendship**
Close bonds with people you choose
- ☐ **Helpfulness**
Helping people who need it

● CONNECTION continued

- ☐ **Love**
Loving and being loved
- ☐ **Loyalty**
Standing by your people
- ☐ **Teamwork**
Reaching goals together
- ☐ **Tolerance**
Accepting people who differ from you
- ☐ **Trust**
Relying on the people around you
- ☐ **Honesty**
Telling the truth and acting honestly
- ☐ **Spirituality**
Connection to something greater

● AUTONOMY

- ☐ **Adventure**
Trying new and daring things
- ☐ **Authenticity**
Being true to yourself
- ☐ **Beauty**
Noticing and creating what is beautiful
- ☐ **Creativity**
Creating new ideas and things
- ☐ **Excitement**
Strong emotions and an intense life
- ☐ **Freedom**
Choosing how you live
- ☐ **Independence**
Relying on yourself
- ☐ **Passion**
Doing things with energy and real interest
- ☐ **Pleasure**
Enjoying what feels good
- ☐ **Uniqueness**
Standing out from the crowd
- ☐ **Variety**
Change and new experiences

● DEVELOPMENT

- ☐ **Challenge**
Taking on what is hard
- ☐ **Competence**
Being good at what you do

● DEVELOPMENT continued

- ☐ **Curiosity**
Wanting to understand how things work
- ☐ **Determination**
Keeping going when it gets hard
- ☐ **Excellence**
High standards in what you do
- ☐ **Growth**
Becoming better over time
- ☐ **Intelligence**
Thinking clearly and understanding deeply
- ☐ **Meaningful work**
Work that feels worth doing
- ☐ **Wisdom**
Sound judgment from experience

● IMPACT

- ☐ **Accountability**
Owning your actions and their results
- ☐ **Ambition**
Aiming high
- ☐ **Authority**
Having the power to decide and direct
- ☐ **Contribution**
Making a difference for others
- ☐ **Courage**
Acting despite fear
- ☐ **Ethics**
Acting on your moral principles
- ☐ **Fame**
Being known by many people
- ☐ **Influence**
Shaping what others think and do
- ☐ **Justice**
Fairness for everyone
- ☐ **Popularity**
Being liked by many
- ☐ **Reputation**
Being well thought of
- ☐ **Respect**
Being treated with dignity
- ☐ **Success**
Reaching the goals you set
- ☐ **Wealth**
Growing your money beyond just enough

2 Narrow them to ten

Of the values you ticked, write the ten you would miss most.

A	_____
B	_____
C	_____
D	_____
E	_____
F	_____
G	_____
H	_____
I	_____
J	_____

3 Compare them two at a time

In each cell, circle the letter of the value that matters more to you. If you could keep only one of the two, which would it be?

B	A B								
C	A C	B C							
D	A D	B D	C D						
E	A E	B E	C E	D E					
F	A F	B F	C F	D F	E F				
G	A G	B G	C G	D G	E G	F G			
H	A H	B H	C H	D H	E H	F H	G H		
I	A I	B I	C I	D I	E I	F I	G I	H I	
J	A J	B J	C J	D J	E J	F J	G J	H J	I J
	A	B	C	D	E	F	G	H	I

COUNT EACH LETTER'S CIRCLES ALONG ITS ROW AND DOWN ITS COLUMN

A	B	C	D	E	F	G	H	I	J
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THE HARDEST CHOICES, AND WHY

Your top five, in order

The value with the most circles comes first. If two have the same number, find the cell where they met. The one you circled there goes higher.

1	_____
2	_____
3	_____
4	_____
5	_____



Live your top five

For each value, rate how fully you live it today, picture what living it looks like, and choose one step you can take this week.

1 = Not living this value at all 10 = Living this value fully

1

WHAT LIVING IT LOOKS LIKE

HOW FULLY I LIVE IT TODAY

12345678910

ONE STEP THIS WEEK

2

WHAT LIVING IT LOOKS LIKE

HOW FULLY I LIVE IT TODAY

12345678910

ONE STEP THIS WEEK

3

WHAT LIVING IT LOOKS LIKE

HOW FULLY I LIVE IT TODAY

12345678910

ONE STEP THIS WEEK

4

WHAT LIVING IT LOOKS LIKE

HOW FULLY I LIVE IT TODAY

12345678910

ONE STEP THIS WEEK

5

WHAT LIVING IT LOOKS LIKE

HOW FULLY I LIVE IT TODAY

12345678910

ONE STEP THIS WEEK