

Core Values Self Reflection

- Check ten values that resonate most strongly (you may add values if they are not on the list)
- Out of those ten values, mark the circle box to indicate your top five values
- Out off those five values, mark the star box to signify your top three values.

“If everything is a core value, then nothing is really a priority”

	Accountability		Excellence		Meaningful Work
	Authenticity		Fairness		Openness
	Achievement		Faith		Optimism
	Adventure		Family		Peace
	Authority		Financial Gain		Personal Fulfillment
	Autonomy		Friendships		Personal Growth
	Balance		Future Generation		Pleasure
	Beauty		Growth		Poise
	Boldness		Happiness		Popularity
	Compassion		Health		Power
	Challenge		Honesty		Recognition
	Community		Humor/Fun		Religion
	Commitment		Independence		Reputation
	Compassion		Influence		Respect
	Competency		Inner Harmony		Responsibility
	Continuous Learning		Integrity		Risk-Taking
	Contribution		Intuitive		Security
	Cooperation		Justice		Self-Discipline
	Courage		Kindness		Self-Respect
	Creativity		Knowledge		Service
	Curiosity		Leadership		Spirituality
	Determination		Learning		Stability
	Enthusiasm		Love		Success
	Efficiency		Loyalty		Status
	Ethics		Making a Difference		Trust
					Wisdom

Have a value not on the list above? Add below:

Your Top Three Values are what usually Drives You

List the three values in the first column and complete the rest of the table.

Values are universal; Values just “are”.

Beliefs create your definition of the Value.

- For example, around the world, everyone speaks of love; so it is a **Value**.
- But how they define love is based upon their **Beliefs**. Then your beliefs will influence your **Behavior**.

<u>Values</u> of greatest priority	<u>Beliefs</u> that support these values	<u>Behaviors</u> I exhibit to support these values
<p><i>Example</i></p> <p>Personal Fulfillment</p>	<p><i>Example</i></p> <p>Everyone deserves to have a life/career which is personally fulfilling</p>	<p><i>Example</i></p> <p>I passionately coach and support others to have a career which is in alignment with their authentic self</p>