



## PERSONAL CORE VALUES WORKSHEET



**Instructions:** Select 3-4 values that guide your life and serve as your moral compass. Then prioritize them with the most important one first. Feel free to write in additional values or change definitions.

Advancement	Growth, professional advancement, personal maturity
Beauty	Appreciation of loveliness, e.g., enjoying art, nature, work
Cooperation	Communication, team effort, working together
Creativity	Freedom, imagination, desire for new ideas
Dedication	Passionate belief in something
Faith	Believing in something not based on proof such as a higher power or the goodness of life
Freedom	Independence, liberation, absence of necessity or coercion
Health	Physical, mental, and emotional well-being
Helpfulness	Sense of concern for and outreach to the needs of others
Honesty	Fairness, straightforwardness, sincerity, truthfulness
Integrity	Moral and intellectual honesty; your actions match your words
Justice	Fairness, balance, moral equity
Love	Personal feelings or thoughts of caring for yourself and others
Loyalty	Faithfulness to another person; to an idea; to a vision
Knowledge	Seeking and learning new insights
Life	Principle or force distinctive of animate beings
Morality	Ethical standards, conscience, sense of right and wrong
Openness	Willingness to try new things
Patience	Bearing pains or trials calmly; steadfastness in suffering or crisis
Pleasure	What you enjoy; what delights you
Power	Ability to be in control, to direct or persuade
Professionalism	Commitment to quality, pride in your work
Recognition	To receive special attention; to be recognized for service, achievement
Religion	Adhering to a set of spiritual beliefs; a spiritual relationship with others
Responsibility	Accountability, maturity, ability to respond
Security	Having the essentials you need to live
Sensitivity	Awareness, responsiveness, approachability
Social	Lots of fun, friends, companionship
Success	Achieving your goals; attainment of favor, eminence, and/or wealth
Trustworthiness	Dependability deserving of confidence
Vitality	Spirit, life, intuition
Wealth	Material income, possessions
Wisdom	Mature understanding of life; good judgment based on experience and knowledge
Work	Feeling good about your job as challenging and rewarding
Worthwhileness	Accepted and appreciated as a person who has unique gifts and talents