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Start by circling every value that is an absolute must in your life. Add your own if desired in the blank boxes.

Then, review your choices and reduce to a top 10-12 (look for overlapping or similar values if this is difficult).

Acceptance	Inner peace	Independence	Open-mindedness	Transparency
Reliability	Accountability	Learning	Optimism	Autonomy
Achievement	Environmentalism	Integrity	Passion	Ecology
Simplicity	Equality	Trust	Community	Freedom
Authenticity	Inclusivity	Fun	Modesty	Wisdom
Empathy	Excellence	Joy	Positivity	Teamwork
Beauty	Fairness	Justice	Challenge	Equity
Connection	Compassion	Kindness	Respect	Flexibility
Peace	Family	Gratitude	Adventure	Moderation
Resilience	Unity	Leadership	Responsibility	Forgiveness
Harmony	Friendship	Curiosity	Security	Prudence
Balance	Patience	Self-love	Self-awareness	
Contribution	Generosity	Success	Caring	
Faith	Knowledge	Mastery	Service	
Dependability	Growth	Discipline	Creativity	
Openness	Mindfulness	Honesty	Spirituality	
Determination	Health	Non-judgment	Love	
Education	Loyalty	Ethics	Sustainability	

CORE VALUES

Note your top values, then give each a score out of 10 as to how content you are with how you are living by this value currently. 0 = Not at all, 10 = I am completely content with how I am living by this value.

Reflect on what you already do to demonstrate each value.

What are some specific actions you could take to strengthen values with lower scores into your life?

Value	Score	Currently demonstrate by:	Actions for strengthening:

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