



# CORE VALUES

## FOR INDIVIDUALS

# DEFINING + LIVING YOUR CORE VALUES

Circle 10 words from the list below, that most strongly express the principles you value.

|                   |                    |                 |                 |                  |
|-------------------|--------------------|-----------------|-----------------|------------------|
| Abundance         | Consistency        | Fun             | Obedience       | Self-control     |
| Aesthetics        | Constancy          | Generosity      | Open            | Self-esteem      |
| Acceptance        | Contribution       | Gentleness      | communication   | Self-sufficiency |
| Accomplishment    | Cooperation        | Gracefulness    | Openness        | Sensitivity      |
| Accountability    | Courage            | Graciousness    | Opportunity     | Serenity         |
| Accuracy          | Creativity         | Growth          | Order           | Service          |
| Achievement       | Decency            | Happiness       | Originality     | Simplicity       |
| Adaptability      | Dedication         | Health          | Passion         | Sincerity        |
| Adventure         | Democracy          | Holiness        | Patience        | Sobriety         |
| Affability        | Determination      | Honesty         | Peace           | Spirituality     |
| Altruism          | Dependability      | Honor           | Perception      | Stability        |
| Ambition          | Dignity            | Hope            | Perseverance    | Stamina          |
| Appreciation      | Diligence          | Humility        | Persistence     | Status           |
| Artfulness        | Discipline         | Humor           | Personal Growth | Stewardship      |
| Articulation      | Diversity          | Independence    | Philanthropy    | Strength         |
| Assertiveness     | Ease               | Industriousness | Power           | Success          |
| Authenticity      | Education          | Influence       | Practicality    | Support          |
| Balance           | Effectiveness      | Informal        | Pragmatism      | Survival         |
| Benevolence       | Efficiency         | Ingenuity       | Precision       | Teachability     |
| Beauty            | Elegance           | Initiative      | Professionalism | Teamwork         |
| Boldness          | Empathy            | Inner harmony   | Profitability   | Thoughtfulness   |
| Calmness          | Energy             | Innovation      | Prosperity      | Tolerance        |
| Camaraderie       | Entrepreneurship   | Insightfulness  | Purposefulness  | Tradition        |
| Candor            | Environmental      | Intelligence    | Prudence        | Tranquility      |
| Caring            | concern            | Integrity       | Punctuality     | Transparency     |
| Casual            | Equality           | Intimacy        | Quality         | Trust            |
| Challenge         | Ethics             | Joy             | Reason          | Trustworthiness  |
| Charity           | Excellence         | Justice         | Receptivity     | Truth            |
| Chastity          | Excitement         | Kindness        | Recognition     | Understanding    |
| Clarity           | Fairness           | Knowledge       | Reconciliation  | Uniqueness       |
| Cheerfulness      | Faith              | Leadership      | Relationships   | Unity            |
| Cleanliness       | Fame               | Learning        | Relaxation      | Virtue           |
| Cleverness        | Family             | Liberty         | Reliability     | Vitality         |
| Collaboration     | Fidelity           | Listening       | Resourcefulness | Vulnerability    |
| Commitment        | Financial growth   | Love            | Resiliency      | Warmth           |
| Community         | Financial security | Loyalty         | Respect         | Wealth           |
| Compassion        | Flexibility        | Mastery         | Responsibility  | Wholeness        |
| Competence        | Fortitude          | Mindfulness     | Responsiveness  | Willingness      |
| Competitiveness   | Forgiveness        | Moderation      | Righteousness   | Wisdom           |
| Composure         | Freedom            | Mutual respect  | Sacrifice       | Wit              |
| Conscientiousness | Friendship         | Nature          | Safety          | Zeal             |
| Consideration     | Fulfillment        | Naturalness     | Security        |                  |

Please write your answers to the following questions.

1. Imagine yourself at the end of your life—no pain or drama (this isn't an acting class), just the culmination of a long, well-lived life. Looking back, what are the three most resonant and meaningful memories that you have—good or bad, happy or sad? What makes each of them so significant? Imagine you're going to share this key information with the person you love the most so they might benefit from your experiences.

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2. Think of a mentor or someone who has influenced your thinking and choices in a fundamental way. Write down five qualities that they possess that most define them for you.

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3. What do you want to be remembered for?

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4. What do you want to accomplish in the world?

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5. What do you want to give back to the world?

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Now, of the first 10 words you selected + everything else you've written above, what are your top five values? Five qualities that you cannot imagine living without, that's how essential they are to who and how you want to be. Write them here or in your notebook.

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