

BRING YOUR BEST GAME TO LIFE

WORKSHEET 4 - PERSONAL CORE VALUES

EXERCISE:

Consider the list below and select your 4 top personal core values:

Acceptance	Family	Philanthropy
Accomplishment	Fitness	Power
Achievement	Financial Security	Practicality
Acknowledgment	Freedom	Precision
Adventure	Friendship	Presence
Advancement	Fulfillment	Prestige
Aesthetics	Full Self-Expression	Recognition
Authenticity	Fun	Relationship
Autonomy	Generosity	Resilience
Balance	Harmony	Respect
Beauty	Health/Well-Being	Responsibility
Challenge	Helpfulness	Risk Taking
Clarity	Heroism	Romance
Collaboration	Honesty	Security
Communication	Humor	Service
Community	Imagination	Spirituality
Compassion	Independence	Spontaneity
Connection	Integrity	Stability
Contribution	Intimacy	Status
Courage	Joy	Success
Creativity	Knowledge	Teamwork
Culture	Love	Trust
Education	Leadership	Truth
Empathy	Loyalty	Variety
Empowerment	Money	Volunteerism
Excellence	Mastery	Wealth
Expertise	Nature	Winning
Exploration	Order	Wisdom
Faith	Peace	Work
Fairness	Personal Growth	

WRITE:

My personal core values are:

1. _____
2. _____
3. _____
4. _____

Why did I choose these?

1. _____
2. _____
3. _____
4. _____

How do I honor these values in my life?

1. _____
2. _____
3. _____
4. _____

How am I as a person when each value is being honored?

1. _____
2. _____
3. _____
4. _____

What might happen if I do not actively honor my values?

1. _____
2. _____
3. _____
4. _____

What boundaries help me stick to my values?

1. _____
2. _____
3. _____
4. _____