

What are your core values?

A core value is something so central you would say, "Even if it's harmful to us, we would still hold on to this value. Even if we had to pay penalties, even if we had to punish our children for violating it, even if we had to deny them something that would bring them pleasure, we would still hold on to it." (Jim Collins)

Look over the list on the following page and circle the words and phrases that resonate with you. If you have values not on the list, add your values in the space provided. (The words and phrases below are listed in alphabetical order, not order of importance.)

Then narrow down your list to three to five values that best represent who you are and what you believe. Write those values below.

My core values are:

Core Values

Accomplishment	Excitement	Patience
Accuracy	Fairness	Peace
Achievement	Faith	Perfection
Admiration	Faithfulness	Performance
Adventure	Family	Perseverance
Aesthetics	Flexibility	Persistence
Affirmation	Forgiveness	Physical vitality
Ambition	Freedom	Power
Appreciation	Friendship	Prestige
Artistic	Frugality	Productivity
Attentive	Fulfillment	Prosperity
Authenticity	Fun	Purity
Balance	Generosity	Quality
Beauty	Gentleness	Recognition
Capable	Genuineness	Relationship
Caution	Glory	Relaxation
Challenge	Gratitude	Reputation
Collaboration	Growth	Respectful
Commitment	Hard Work	Responsibility
Communication	Happiness	Risk taking
Community	Honesty	Safety
Compassion	Honor	Satisfaction
Competence	Hope	Security
Competition	Humility	Self-expression
Confidence	Humor	Self-respect
Conformity	Imagination	Sensitivity
Connection	Improvement	Service
Consistency	Independence	Silence
Contribution	Influence	Sincerity
Control	Integrity	Solitude
Cooperation	Joy	Spiritual growth
Creativity	Kindness	Stability
Curiosity	Knowledge	Success
Dedication	Lead	Support
Dependability	Learn	Teamwork
Determination	Leisure	Temperance
Diligence	Love	Tolerance
Duty	Loyalty	Tradition
Efficiency	Memories	Tranquility
Elegance	Mentoring	Trust
Encouragement	Motivating	Trustworthy
Endurance	Nature	Truth
Energy	Nurturing	Variety
Enjoyment	Obedience	_____
Enthusiasm	Orderliness	_____
Excellence	Organization	_____