

Core Values Worksheet

Select and circle 20-25 words from the list below that best represent your core values. You can also write in any values that are missing from this list.

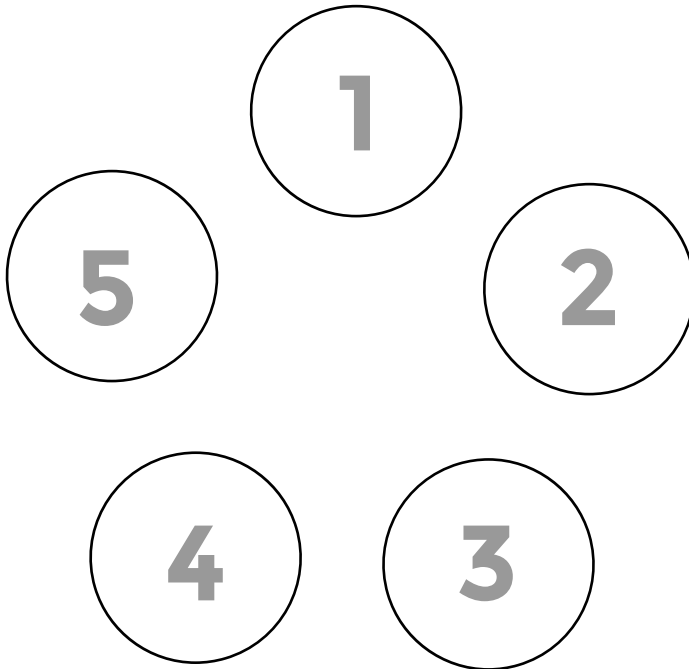
- | | | |
|----------------------|-----------------------|----------------------|
| Happiness | Decisiveness | Self-Respect |
| Loyalty | Persistence | Achievement |
| Adventure | Self-Motivation | Physical Challenge |
| Challenging Problems | Education | Competition |
| Meaningful Work | Humour | Love |
| Change and Variety | Economic Security | Personal Development |
| Wealth | Quality Relationships | Competence |
| Excitement | Recognition | Status |
| Relationships | Ethical Practice | Freedom |
| Honesty | Wisdom | Belonging |
| Trust | Inclusion | Friendships |
| Order | Integrity | Teamwork |
| Community | Work with Others | Growth |
| Influencing Others | Patience | Time Freedom |
| Fairness | Working Alone | Tradition |
| Creativity | Expertise | Truth |
| Power and Authority | Stability | Fitness |
| Service | Security | Nutrition |
| Privacy | Excellence | Balance |

2. Group like values together in the spaces below. Choose one of the values included in the group, or a word that you feel best encompasses the meaning of the entire group, to be the group's name. These are your Top 5 Core Values.

1	2	3	4	5
Group Name	Group Name	Group Name	Group Name	Group Name

The Core Values Ranking process involves comparing each of your core values to one another. Start by transferring your Top 5 Core Values into the circles below.

Core Values Ranking

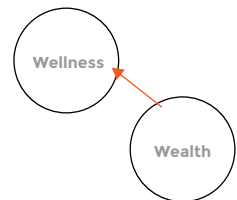


1. Compare the value you've placed in circle 1, to the value in circle 2. Which of these two things is most important to you? Is one of them necessary in order for the other to exist? Draw an arrow from one circle to the other, with the head of the arrow pointing towards the value that is most important to you.
2. Continue by comparing the value in circle 1 to the values in circles 3 through 5, drawing an arrow toward whichever one of the two is your most important value in each case.
3. Working clockwise, move to comparing the value in circle 2 to each of the values in circles 3 through 5, then the value in circle 3 to values 4 and 5, and so on, until each of your values has been compared to the 4 others, with an arrow pointing toward the most important one in each case.
4. Count the number of arrows that point to each value circle. The value with the most arrows pointing to it is your top value; the one with the second highest number of arrows pointing to it is your second strongest value and so on.

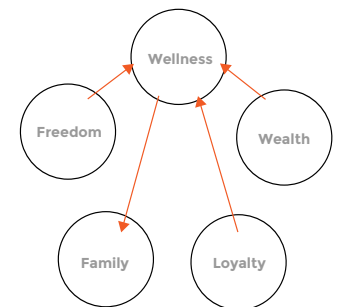
Examples

For example, if, for you, wealth is not important if you don't have wellness, you would draw your arrow pointing towards wellness.

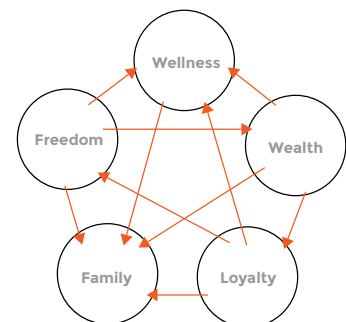
1.



2.



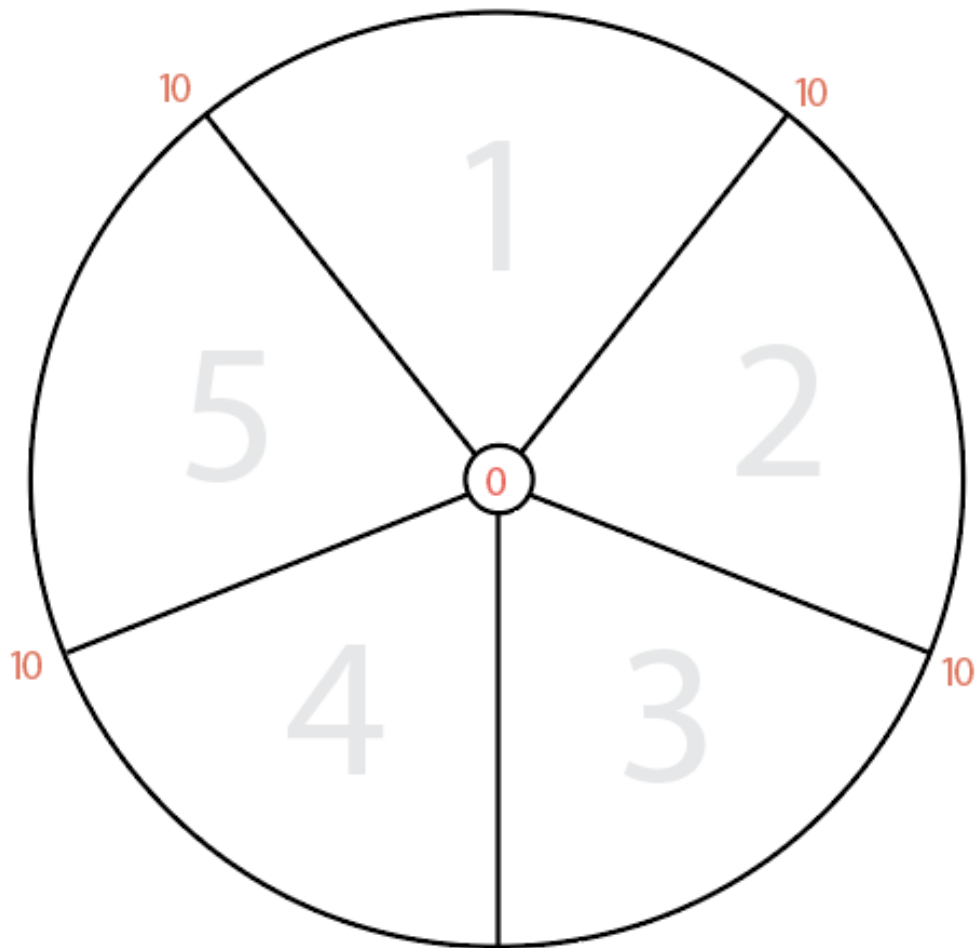
3.



List your Top 5 Core Values here:

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

Transfer each of your Core Values onto section of the Values Wheel below.

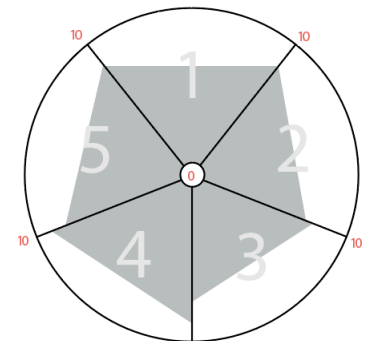
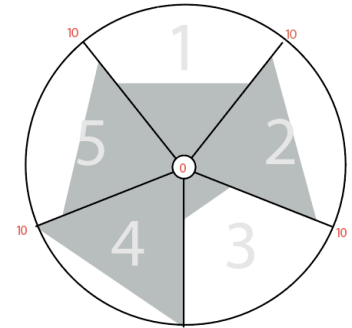
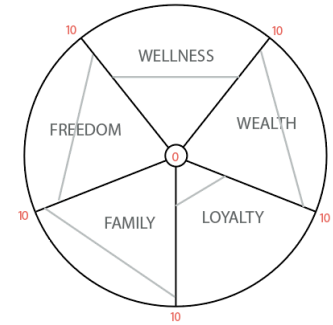


Draw a straight line between 1 and 10 in each section to indicate how well you are living each value.

- If you are fully living the value to its limit, it will be a 10
- If you are only living the value some of the time, it might be a 5
- If your life is totally out of alignment with respect to the value, it will likely be less than 5

An uneven, bumpy wheel indicates that you are not living each of your Top 5 core values equally. Much like it would on a car, a bumpy, uneven values wheel will likely make for an uncomfortable ride, slowing forward motion, and never feeling quite right. It's difficult to move forward in life if their wheels are off balance.

A smooth, even wheel will make it easier to move forward, and will make for a smoother, more comfortable ride. Keep in mind that an even wheel at 10 will move more quickly, cover more ground, and provide a smoother ride than a wheel that is even at 5 will.



Insights

What insights can you derive from your Core Values Wheel?

What might you start to do differently as a result of this experience, to bring your day-to-day activities into alignment with your core values?