

7-Step Personal Core Values Exercise Worksheet

Why Core Values Matter

Core values are the fundamental beliefs and principles that guide your decisions, behaviors, and actions. They act as your internal compass, helping you stay aligned with what truly matters to you. When you live in alignment with your core values, you experience greater clarity, fulfillment, and confidence in your personal and professional life.

Step 1: Understand What Core Values Are

Core values are the qualities or principles that you consider most important in life. They reflect who you are at your core and what you stand for. Examples of core values include honesty, creativity, family, integrity, growth, and compassion.

Step 2: Reflect on Why Core Values Are Important

Take a moment to reflect on why identifying your core values matters. Write down your thoughts below:

- How can core values help me make better decisions?
- How can they guide me in challenging situations?
- How can they help me live a more meaningful life?

Your Response:

Step 3: Review Examples of Core Values

Here are some common core values to inspire your thinking:

Here's a table format for the core values:

Core Value	Description	How It Guides Actions
Authenticity	Being true to oneself and others	Encourages honesty and genuine interactions
Adventure	Embracing new experiences and challenges	Promotes taking risks and stepping outside comfort zones
Balance	Maintaining harmony in different aspects of life	Helps prioritize well-being and responsibilities
Courage	Facing fears and challenges with confidence	Inspires resilience and bold decision-making
Curiosity	Seeking knowledge and new perspectives	Drives continuous learning and innovation
Family	Valuing close relationships and connections	Strengthens bonds and nurtures a sense of belonging
Freedom	Having the ability to make choices and live independently	Encourages self-expression and autonomy
Gratitude	Appreciating people, experiences, and opportunities	Fosters a positive outlook and contentment
Health	Prioritizing physical, mental, and emotional well-being	Promotes a lifestyle of self-care and mindfulness
Integrity	Acting with honesty, ethics, and strong moral principles	Builds trust and credibility in relationships
Kindness	Showing compassion and empathy to others	Encourages generosity and supportive behavior
Learning	Pursuing growth, education, and self-improvement	Cultivates adaptability and knowledge expansion



Core Value	Description	How It Guides Actions
Leadership	Inspiring and guiding others toward a shared vision	Encourages responsibility and influence
Loyalty	Being committed and reliable to people and values	Strengthens trust and long-term relationships
Passion	Pursuing what brings joy and fulfillment	Fuels motivation and dedication to personal and professional goals
Respect	Treating others with dignity and consideration	Strengthens collaboration and healthy interactions
Service	Contributing to the well-being of others and society	Fosters generosity and social responsibility
Success	Achieving goals and making a meaningful impact	Encourages perseverance and strategic action
Trust	Building confidence in relationships and commitments	Strengthens teamwork and reliability

Step 4: Brainstorm Your Core Values

Write down as many values as possible that resonate with you. Don't overthink it—just jot down what feels true to you.

My Initial List of Values:

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

6. _____
7. _____

Step 5: Narrow Down Your List

Review your list and circle the **5-7 values** that feel most essential to who you are. These should be the values you couldn't imagine living without.

My Top 5-7 Core Values:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Step 6: Define What Each Value Means to You

For each of your top values, write a brief description of what it means to you personally. This will help you clarify how these values show up in your life.

Example:

- **Value:** Family
- **Definition:** Spending quality time with loved ones, supporting them through challenges, and prioritizing their well-being.

Your Definitions:

1. **Value:** _____

Definition: _____

2. **Value:** _____

Definition: _____

3. **Value:** _____

Definition: _____

4. **Value:** _____

Definition: _____

5. **Value:** _____

Definition: _____

Step 7: Apply Your Core Values

Now that you've identified your core values, think about how you can live in alignment with them. Answer the following questions:

1. How can I incorporate these values into my daily life?
2. Are there any areas of my life where I'm not honoring these values?
3. What changes can I make to live more authentically?

Your Response:

Final Thoughts

Your core values are unique to you. They may evolve over time as you grow and experience new things, but they will always serve as a foundation for living a purposeful and authentic life. Revisit this exercise periodically to ensure you're staying true to yourself.



Additional Notes

- Keep this worksheet in a place where you can review it regularly.
- Share your core values with trusted friends or family to help hold yourself accountable.
- Use your values as a filter for decision-making—ask yourself, “Does this align with my core values?”