

## VALUES WORKSHEET

Circle all of the words that connect with you and add any other values that you don't see listed. Then put a star (\*) by the five or so that are essential to you (your "core values").

Creativity	Curiosity	Tradition	Power	Security	Self-Direction
Achievement	Open-Mindedness	Authenticity	Balance	Perspective	Courage
Pleasure	Perseverance	Self-care	Self-control	Freedom	Having fun
Competition	Fairness	Caution	Enthusiasm	Loyalty	Inspiration
Empathy	Friendship	Excellence	Love	Kindness	Teamwork
Happiness	Forgiveness	Humility	Family	Gratitude	Humor
Faith	Warmth	Growth	Connection	Serenity	Generosity
Integrity	Contentment	Adventure	Success	Service to Others	Tolerance
Health	Harmony	Security	Respect	Ethics	Knowledge
Honesty	Compassion	Wisdom	Giving back	Wealth	Optimism
Hope	Modesty	Social Intelligence	Learning		

What core values are you incorporating into your life? What's missing?

What core values are you incorporating into your career? What's missing?

How do your employer's core values match or differ from your own core values?

What interferes with your ability to fully incorporate your core values into your work and life? What changes need to be made?