

## Values Worksheet

Core values are our unique “essence”; they are the deep-seated principles that motivate and drive us. They are intangible. They are neither good nor bad. They just are.

Values are not our goals or aspirations. They are not how we think we should be or how others think we should be. Our values can be seen in the way we live our lives now. They may change over the course of time and they may re-order in term of priority.

Understanding our core values, what is really important to us and drives us, can help us make tough decisions. When we align our goals with our core values, we have energy to see them through. When we live outside of our values, no matter how successful we are on the surface, we may find ourselves weirdly frustrated and dissatisfied with our lives.

Oddly enough, it can be very difficult to really understand what our core values are. Sometimes we form mindsets and habits over time based on old values, or other people’s values, that no longer serve us. This is perfectly normal so don’t be alarmed. It can take months to uncover how you truly feel about what is important to you---congratulations for taking a bold step in your discovery!

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Instructions: For Values/Description, you may want to string together several words so that it is specific enough for you. Start with the most important word. Example: Integrity/Honesty/Walk-the-talk.

Rank in Priority Order	Value/Description	Score Level of Satisfaction Today Scale of 1 to 10 (10 = Highest)

