**Core Values Assessment**

Your values are your GPS navigation system for life. Getting them defined and properly calibrated is one of the most important steps in redirecting your life toward your grandest vision. The series of questions below will help you evaluate and refine what is truly important to you and what matters most in life. Answer each question thoughtfully, and them I will help you select the top half-dozen values for your life.

Who is the person I respect most in life? What are their core values?

Who is my best friend, and what are his/her top three qualities?

If I could have more of any one quality instantly, what would it be?

What are three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

Which three people in the world do I dislike the most and why?

Which personality trait, attribute or quality do people compliment me on the most?

What are the three most important values I want to pass on to my children?

If I were to teach a graduating high-school class values that would give them the best opportunity for success in life, what would those be and why?

If I had enough money to retire tomorrow, what values would I continue to hold?

What values do I see being valid 100 years from now?

**The Top Dozen Qualities of the “Ideal” Man or Woman**:

Now take a look at your answers above. Do you notice any recurring themes? Taking what you’ve observed in others, what others have observed about you, what you want for others, and things you would fight for or against. Create a list of your Top 10 Values (in any order) below.

**Top 10 Core Values:**

|  |  |
| --- | --- |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Memory Jogger of Values**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Abundance  Acceptance  Accountability  Accomplishment  Accuracy  Achievement  Acknowledgement  Adaptability  Adventure  Affection  Aggressiveness  Agility  Alertness  Ambition  Anticipation  Appreciation  Assertiveness  Attentiveness  Audacity  Awareness  Balance  Beauty  Belonging  Blissfulness | Boldness  Bravery  Brilliance  Calm  Candor  Carefulness  Caring  Certainty  Challenge  Change  Charity  Cheerfulness  Clarity  Cleanliness  Collaboration  Longevity  Love  Loyalty  Love  Making a difference  Mastery  Maturity  Comfort  Commitment | Community  Compassion  Competence  Competition  Concentration  Confidence  Connection  Consciousness  Consistency  Contentment  Content over fluff  Continuity  Continuous  Improvement  Contribution  Control  Conviction  Convincing  Cooperation  Courage  Courtesy  Creativity  Curiosity  Daring | Decisiveness  Delight  Dependability  Desire  Determination  Devotion  Dignity  Diligence  Discipline  Discovery  Discretion  Diversity  Drive  Duty  Eagerness  Education  Effectiveness  Efficiency  Elation  Elegance  Empathy  Encouragement  Endurance  Energy | Enjoyment  Enthusiasm  Equality  Excellence  Excitement  Experience  Expertise  Exploration  Expressiveness  Fairness  Faith  Fame  Family  Fidelity  Flexibility  Flow  Focus  Forgiveness  Fortitude  Freedom  Friendship  Frugality  Fun  Generosity |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Giving  Going the extra mile  Goodness  Grace  Gratitude  Growth  Guidance  Happiness  Harmony  Hard work  Health  Helpfulness  Heroism  Holiness  Honesty  Honor  Hopefulness  Hospitality  Humility  Humour  Imagination  Independence  Influence  Ingenuity | Inner peace  Innovation  Insightfulness  Inspiration  Integrity  Intelligence  Intensity  Intimacy  Intuitiveness  Inventiveness  Investing  Joy  Justice  Kindness  Knowledge  Leadership  Learning  Liberty  Logic  Meaning  Merit  Mindfulness  Modesty  Money | Motivation  Nonviolence  Openness  Opportunity  Optimism  Order  Organization  Originality  Outcome  orientation  Outstanding service  Passion  Peace  Perceptiveness  Perseverance  Persistence  Personal growth  Pleasure  Poise  Positive attitude  Power  Practicality  Precision  Preparedness | Presence  Preservation  Privacy  Proactivity  Progress  Prosperity  Punctuality  Quality  Quiet  Rationality  Recognition  Relationships  Reliability  Religion  Resourcefulness  Respect  Responsibility  Righteousness  Risk-taking  Romance  Safety  Security  Selflessness  Self-esteem | Seriousness  Service  Simplicity  Sincerity  Skill  Speed  Spirit  Stability  Strength  Style  Systemization  Teamwork  Timeliness  Tolerance  Tradition  Tranquillity  Trust  Truth  Unity  Variety  Well-being  Wisdom |