



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