



Discovering Your Core Values

Core values are at the root of who you are – your true essence. While many of these values are appealing and/or viewed with high regard in your culture, be very honest with yourself about which ones have meaning for you. They are the values for which you would likely fight, quit a job, or leave a relationship. You may or may not be living a particular value at this moment, but the aim is to identify those values that are most significant to you. Feel free to add a value if something important to you is missing.

Achievement	Integrity
Abundance	Intimacy
Adventure	Justice
Aesthetics	Kindness
Affluence	Knowledge
Authenticity	Leadership
Autonomy	Life-Long Learning
Balance	Loyalty
Beauty	Organization
Challenge	Passion
Commitment	Personal Growth
Community	Power
Courage	Privacy
Creativity	Recognition
Curiosity	Relationships
Diversity	Resilience
Excellence	Respect
Excitement	Romance
Expertise	Security
Family	Self-Care
Freedom	Self-Realization
Friends	Sense of Purpose
Fun	Service
Generosity	Simplicity
Honesty	Spirituality
Humility	Spontaneity
Humor	Sustainability
Imagination	Trust
Joy	Wisdom

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