

What are my Core Values?

Name: _____

Your values are the beliefs that define what is most important to you as an individual. For example someone who values family might choose to spend time at home while someone who values success might spend their time at work. This activity will help you identify your top core values.

Step 1: look through the list of times below and underline items that are important to you, you can choose as many as you want.

Accomplishment	Adventure	Ambition
Athleticism	Beauty	Bravery
Community	Creativity	Courtesy
Determination	Generosity	Friendships
Faith	Family	Hard Work
Health	Honesty	Intelligence
Integrity	Joy	Justice
Kindness	Loyalty	Love
Leadership	Logic	Maturity
Politeness	Nature	Peace
Power	Relaxation	Respect
Success	Service	Sharing
Strength	Support	Trust
Tolerance	Thankfulness	Understanding
Wealth	Wittiness	Wonder

Step 2: Now go back and look the items you underlined and CIRCLE the most important TEN ITEMS!

Step 3: Next,, go back and choose the most 5 important things for you and mark them with a STAR.

Step 4: From your final five items, narrow it down to only three items and write them below:

My top three core values are

_____, _____, **and** _____.

Describe why you chose your top three core values:
