



1. *Determine your core values.* From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance
Acceptance
Accountability
Achievement
Advancement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Community
Commitment
Compassion
Cooperation
Collaboration
Consistency
Contribution
Creativity
Credibility
Curiosity

Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Friendships
Flexibility
Freedom
Fun
Generosity
Grace
Growth
Flexibility
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence

Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Performance
Personal Development
Proactive
Professionalism
Quality
Recognition
Risk Taking
Safety
Security
Service
Spirituality
Stability
Peace
Perfection
Playfulness
Popularity
Power

Preparedness
Proactivity
Professionalism
Punctuality
Recognition
Relationships
Reliability
Resilience
Resourcefulness
Responsibility
Responsiveness
Security
Self-Control
Selflessness
Simplicity
Stability
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal