

## Core Values

**1. Select** and circle 20-25 words from the list below that best represent your core values. You can also write in any values that are missing from this list.

- |                      |                       |                      |
|----------------------|-----------------------|----------------------|
| Achievement          | Decisiveness          | Self-Respect         |
| Leadership           | Democracy             | Excitement           |
| Loyalty              | Persistence           | Serenity             |
| Adventure            | Self-Motivation       | Physical Challenge   |
| Challenging Problems | Knowledge             | Competition          |
| Meaningful Work      | Humour                | Financial Gain       |
| Change and Variety   | Economic Security     | Personal Development |
| Money                | Quality Relationships | Competence           |
| Clear Communication  | Effectiveness         | Independence         |
| Nature               | Recognition           | Status               |
| Close Relationships  | Ethical Practice      | Freedom              |
| Open and Honest      | Wisdom                | Supervising Others   |
| Cooperation          | Work Under Pressure   | Friendships          |
| Order                | Integrity             | Teamwork             |
| Community            | Work with Others      | Growth               |
| Influencing Others   | Involvement           | Time Freedom         |
| Pleasure             | Working Alone         | Helping Society      |
| Creativity           | Expertise             | Truth                |
| Power and Authority  | Stability             | Fitness              |
| Service              | Security              | Nutrition            |
| Privacy              | Excellence            | Balance              |

**2. Group** like values together in the spaces below. Choose one of the values included in the group, or a word that you feel best encompasses the meaning of the entire group, to be the group's name. These are your Top 5 Core Values.

1	2	3	4	5
Group Name				

**3. List** your Top 5 Core Values here:

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1.

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2.

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3.

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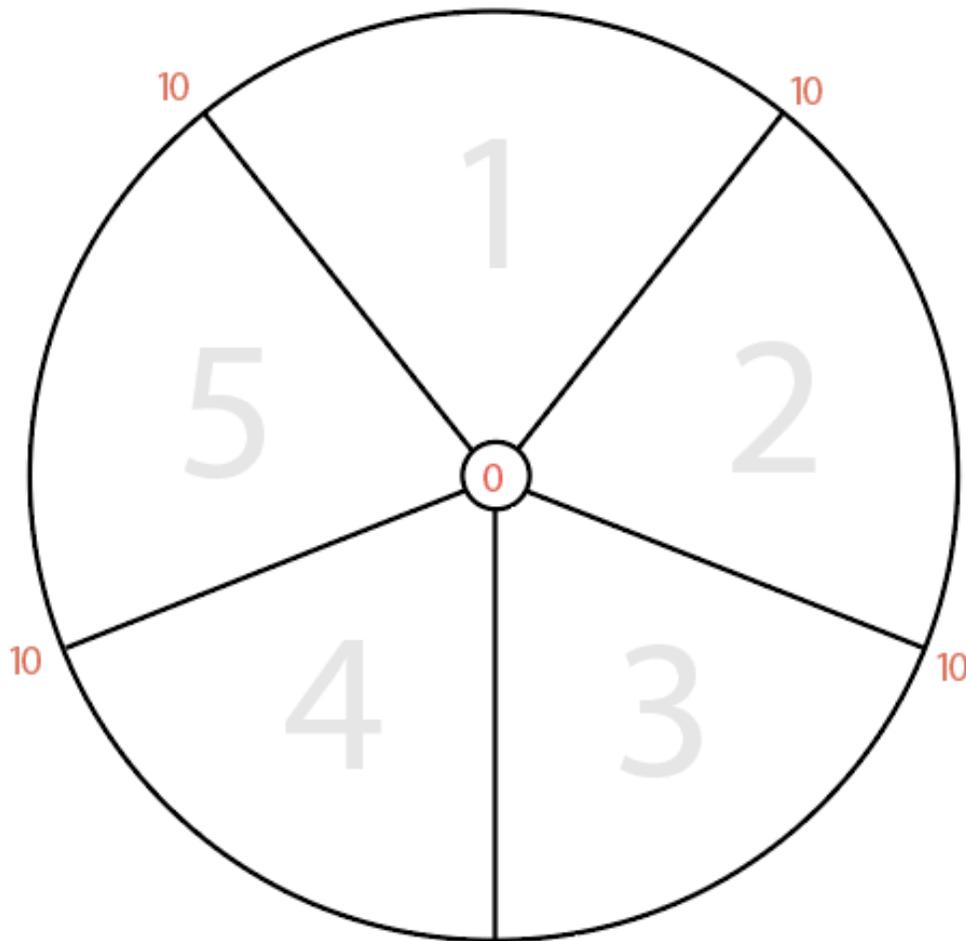
4.

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5.

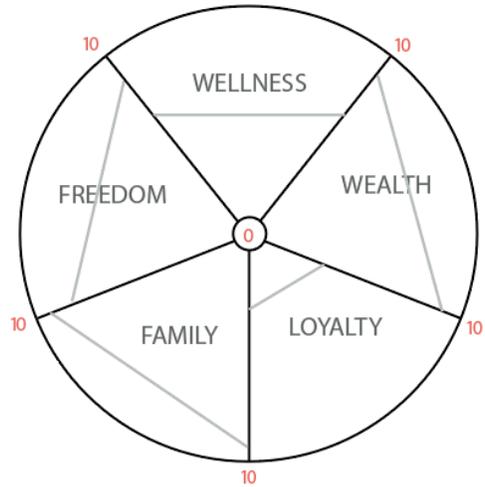
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**4. Transfer** each of your Core Values onto section of the Values Wheel below.

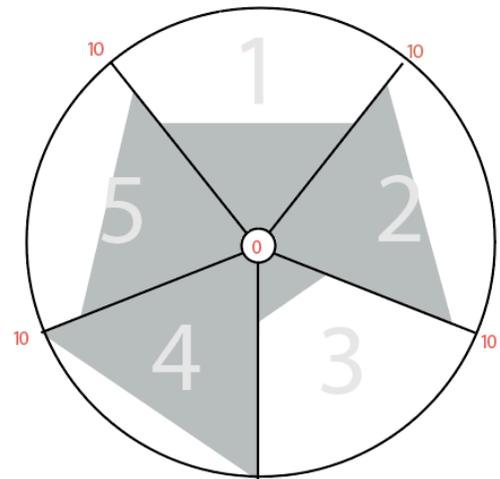


**5. Draw** a straight line between 1 and 10 in each section to indicate how well you are living each value.

- If you are fully living the value to its limit, it will be a 10
- If you are only living the value some of the time, it might be a 5
- If your life is totally out of alignment with respect to the value, it will likely be less than 5



An uneven, bumpy wheel indicates that you are not living each of your Top 5 core values equally. Much like it would on a car, a bumpy, uneven values wheel will likely make for an uncomfortable ride, slowing forward motion, and never feeling quite right. It's difficult to move forward in life if their wheels are off balance.



A smooth, even wheel will make it easier to move forward, and will make for a smoother, more comfortable ride. Keep in mind that an even wheel at 10 will move more quickly, cover more ground, and provide a smoother ride than a wheel that is even at 5 will.

