

Ellen Faye's Core Values Worksheet

There is NO right way and NO wrong way to do this exercise!

Values → your judgment of what is important to you in life

**Step 1) Circle 16 to 24 words from the list below that best reflect your values.
(You may write in any values that are missing.)**

Abundance	Closeness	Credibility	Fame	Harmony	Knowledge	Persistence	Self-Worth
Achievement	Commitment	Decisiveness	Fellowship	Health	Leadership	Pleasure	Serenity
Adventure	Community	Dependability	Flexibility	Honesty	Learning	Poise	Service
Ambition	Compassion	Diligence	Forgiveness	Humility	Love	Power	Spirituality
Autonomy	Competence	Discipline	Freedom	Humor	Loyalty	Privacy	Spontaneity
Beauty	Confidence	Drive	Friendliness	Independence	Mastery	Punctuality	Stability
Bravery	Contentment	Effectiveness	Generosity	Ingenuity	Nature	Recognition	Strength
Candor	Control	Empathy	Genuineness	Insightfulness	Obedience	Reliability	Teamwork
Certainty	Cooperation	Enthusiasm	Giving	Integrity	Openness	Resilience	Thankfulness
Challenge	Courage	Excellence	Gratitude	Intelligence	Optimism	Restraint	Trustworthiness
Clarity	Courtesy	Expertise	Growth	Intuition	Order	Security	Wealth
Cleverness	Creativity	Fairness	Happiness	Kindness	Peace	Self-control	Wisdom

Step 2) Narrow your selection by grouping related values together in the boxes below.

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**Step 3) Select one value per box that you feel best identifies your core values.
Write one core value in each of the shaded gray box below.**

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