

# **Create Your Inspired Life**

## **CORE VALUES WORKSHEET**

On page 2, you'll find a list of values. Circle all the words that represent your most closely held values. Next, from the words you circled, narrow the list and highlight the top 10 core values that define you as a person. List them below in the order of importance and then focus on your top 5 values. Describe why they matter to you and how they look in your life when you apply them. When you are clear on your values, they become authentic guide posts for your thoughts, behaviors and actions, giving you a filter for your choices in life. When you are in alignment with your values, you are in integrity with your authentic self.

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# Core Values List

Abundance	Ease	Imagination	Responsible
Accomplishment	Education	Justice	Safety
Accountability	Efficiency	Knowledge	Satisfying others
Accuracy	Equality	Leadership	Security
Acknowledgement	Excellence	Love, Romance	Self-giving
Adventure	Expertise	Loyalty	Self-reliance
Authenticity	Fairness	Mastery	Self-respect
Beauty	Faith	Meaning	Service to others
Challenge	Faithfulness	Merit	Sharing
Change	Family	Methodical	Simplicity
Cleanliness	Fitness	Money	Sincerity
Collaboration	Flair	Openness	Skill
Commitment	Freedom	Order	Solitude
Common Sense	Friendship	Originality	Speed
Communication	Fun	Passion	Spontaneity
Community	Genius	Patience	Spirituality
Competence	Global view	Peace	Stability
Competition	Good will	Perfection	Standardization
Compassion	Goodness	Playfulness	Status
Connection	Gratitude	Personal Growth	Stimulation
Contribution	Hard work	Pleasure	Strength
Cooperation	Harmony	Power	Success
Coordination	Health	Practicality	Systemization
Courage	Honesty	Privacy	Teamwork
Creativity	Honor	Poise	Timeliness
Curiosity	Improvement	Prosperity, Wealth	Tolerance
Daring	Independence	Punctuality	Tradition
Decisiveness	Individuality	Quality of work	Tranquility
Democracy	Inner peace, calm	Regularity	Trust
Discipline	Innovation	Reliability	Truth
Discovery	Integrity	Resourcefulness	Variety
Diversity	Intensity	Respect	Winning
	Intimacy	Responsiveness	Wise