

My Core Values

Rate each value according to how important it is to you.
5 = essential 4 = very important 3 = somewhat important
2 = important occasionally 1 = not important

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_____ Independence	_____ Feeling competent/capable
_____ Challenge	_____ Peace and tranquility
_____ Creative expression	_____ Physical activity
_____ Time freedom	_____ Recognition and acknowledgement
_____ Adventure	_____ Excitement, stimulation
_____ Living in moral alignment	_____ Intimacy and closeness
_____ Having fun/leisure	_____ Stability and security
_____ Time with extended family	_____ Pursuit of a hobby
_____ Mental stimulation	_____ Financial freedom/abundance
_____ New projects	_____ Status
_____ Community	_____ Simplicity
_____ Busy lifestyle	_____ Friendships
_____ Learning new things	_____ Accomplishment, getting lots done
_____ Having a spiritual way of life	_____ Balanced lifestyle
_____ Rest and relaxation	_____ Change and variety
_____ Social contact	_____ Contributing to society

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_____ Time with immediate family	_____ Time alone
_____ Healthy lifestyle	_____ Self-awareness and growth
_____ Time in nature	_____ Money management
_____ Faith	_____ Love
_____ Inner peace	_____ Being of service
_____ Kindness and compassion	_____ Part of spiritual community
_____ Forgiveness	_____ Freedom
_____ Following intuition	_____ Self-love
_____ Harmony	_____ Strength
_____ Courage	_____ Connection to God/Universe/etc
_____ Integrity	_____ Presence
_____ Oneness	_____ Awakening/expanding consciousness
_____ Peace for the world	_____ Prayer
_____ Charity	_____ Gratitude
_____ Stillness	_____ Contribution to others
_____ Humility	_____ Grace