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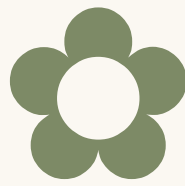
YOUR FREE PRINTABLE

Personal core values worksheet



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C O R E V A L U E S

what matters most

Consider · What matters most? (e.g. honesty, family, growth, freedom, security, creativity, service, health, adventure)

My top 5 values · 1. ____ 2. ____ 3. ____ 4. ____ 5. ____

My single most important value ·

A time I lived this value well · _____

A time I acted against my values (and how it felt) ·

One decision I'm facing — what would my values say? ·

One change to live more aligned with my values ·

W H E N Y O U K N O W Y O U R V A L U E S , H A R D
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