CORE VALUE WORKSHEET

Unlearning With Amy

In the blank next to the word, write one of the following based on how important that particular value is to you:

V = Very Important S = Somewhat Important N = Not Important

You will notice there are also several empty cells in the table. This is for you to fill in values that may come to mind as important but are not included in this list. Once you've completed step one, I suggest you go back through the list and highlight or circle any word with a "V" next to it. There may be 7 or there may be 27. Either way, this is your first pass at narrowing the list down to your core value top five.

If you do have several highlighted, I suggest taking a moment to decide if any of the words are actually similar in nature and can be represented by only one of the words. For example, I highlighted Curiosity, Growth, Exploration, Knowledge, and Learning but ultimately decided that the word Curiosity could sufficiently represent the other words and that is the one that made it to my top five.

___ Accountability	___ Empathy	___ Knowledge	___ Spirituality
___ Achievement	___ Excellence	___ Leadership	___ Success
___ Adaptability	___ Exploration	___ Learning	___ Teamwork
___ Adventure	___ Fairness	___ Leisure	___ Tradition
___ Altruism	___ Freedom	___ Love	___ Trust
___ Ambition	___ Friendship	___ Loyalty	___ Truth
___ Authenticity	___ Fulfillment	___ Making a Difference	___ Understanding
___ Autonomy	___ Fun	___ Nature	___ Virtue
___ Balance	___ Generosity	___ Openness	___ Vision
___ Belonging	___ Grace	___ Optimism	___ Wealth
___ Boldness	___ Gratitude	___ Passion	___ Well-being
___ Challenge	___ Growth	___ Peace	___ Wisdom
___ Collaboration	___ Hard Work	___ Perseverance	___
___ Commitment	___ Harmony	___ Personal Fulfillment	___
___ Community	___ Health	___ Positivity	___
___ Compassion	___ Helpfulness	___ Power	___
___ Competency	___ Honesty	___ Problem Solving	___
___ Confidence	___ Hope	___ Respect	___
___ Connection	___ Humility	___ Responsibility	___
___ Contentment	___ Humor	___ Risk-taking	___
___ Contribution	___ Independence	___ Safety	___
___ Courage	___ Imagination	___ Self-discipline	___
___ Creativity	___ Initiative	___ Self-expression	___
___ Curiosity	___ Integrity	___ Security	___
___ Dedication	___ Intention	___ Service	___
___ Dependability	___ Justice	___Simplicity	___

It may take some time but once you have your list narrowed down to your top five, I have two suggestions. First, list your top five somewhere you will see them on a regular basis. Whether that is a post it note on the corner of your computer, your phone screen background, or written in lipstick on your bathroom mirror, doesn't matter. You simply need a constant reminder of what you are aligning with.

List Your Top 5 Here:

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