

## Checklist: Value Clarification

Core values help you make decisions in everyday life. They help you understand what areas of your life need more attention, and what to prioritize in the future. Overall, core values help you live a life true to yourself.

I value health, integrity, connection, adventure, and freedom and make decisions based on those values. Living according to my values, bring out the best in me, and gives me a feeling of satisfaction and fulfillment.

### What are the core values that drive your decisions?

#### Step 1: Circle the values that resonate with you

acceptance	decisiveness	friendship	improvement	optimism	respect	success
achievement	dedication	fulfilment	innovation	organization	responsibility	support
adventure	discipline	fun	integrity	passion	safety	sustainability
awareness	efficiency	generosity	intuition	patience	satisfaction	teamwork
beauty	empathy	grace	joy	peace	self-care	tranquility
calm	empower	gratitude	kindness	persistence	self-reliance	trust
comfort	enjoyment	growth	knowledge	playfulness	sensitivity	truth
confidence	enthusiasm	happiness	logic	politeness	serenity	unity
connection	equality	harmony	love	productivity	simplicity	uniqueness
consciousness	experience	health	loyalty	purpose	sincerity	variety
contribution	fairness	honesty	meaning	quality	solitude	vitality
courage	family	hope	moderation	recognition	spirituality	wealth
creativity	fortitude	humility	nature	reflection	stability	wisdom
curiosity	freedom	humor	non-judgment	relaxation	strength	

Step 2: Narrow the list down to 10 values

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Step 3: Narrow the list down to your top 5 values

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Write your core values on a sticky note,  
place it where you see them every day,  
and start living a life true to yourself.**