

WORKSHEET – CREATE YOUR CORE VALUES

Your core values are the beliefs and principles that guide your actions, decisions, and the way you show up in the world.

They define who you really are and influence the impact you have on others.

Use this worksheet to reflect deeply and uncover the values that matter most to you. Take your time, answer honestly, and dream boldly.

1. Who Are You?

Describe yourself in your own words.

2. What Do You Do?

What are your main roles, responsibilities, or contributions in life?

3. What Distinguishes You From Others?

What makes you unique, special, or memorable?

4. How Are You Adding Value to Others?

Consider how you positively impact family, friends, your community, or clients.

5. Why Should Others Care?

What is the significance of what you do, the choices you make, or the way you show up?

6. What Motivates Your Actions?

What drives you to act, make decisions, and pursue goals?

7. Identify Your Core Values

Based on your answers above, list 5–10 words or phrases that capture your most important core values.

Example: integrity, growth, creativity, service, courage

Write out your core values

REFLECTION

- Are your daily actions aligned with these values?
- Which values will you prioritize in the next 6–12 months?
- How can you use these values to guide decisions and relationships moving forward?