**Personal Development - Identifying Core Values Worksheet**

When thinking about what is important to you, it is critical to understand what are the things, traits, and qualities that you find to matter the most. This can be related to how you want to be perceived from others, who you want to surround yourself with, as well as the things that you find to be most important to being the best version of you. Having core values allow you to be your authentic self while maintaining guiding principles and qualities that help you in times of internal conflict. Below are some examples of core values that one may identify or relate to:

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| Acceptance  Achievement  Adventure  Autonomy  Beauty  Challenge  Collaboration  Communication  Commitment  Competence  Competition  Compassion  Cooperation  Courage  Creativity  Curiosity  Courtesy  Decisiveness  Dependability  Discipline  Diversity  Effectiveness  Empathy  Empowering | Equality  Excitement  Family  Forgiveness  Fitness  Flexibility  Friendship  Freedom  Fun  Generosity  Growth  Helpfulness  Happiness  Harmony  Health  Honesty/Integrity  Hope  Humor  Independence  Innovation  Impact/Difference  Justice  Knowledge  Love/Affection | Loyalty  Manners  Mindfulness  Open-mindedness  Patience  Power  Prosperity  Purpose  Quality  Recognition  Respect  Responsibility  Risk taking  Security  Service  Simplicity  Spirituality/Faith  Strength  Self-Acceptance  Self-Esteem  Self-Control  Teamwork  Tolerance  Trust |

Take 20-30 minutes and reflect on these words. What do they mean to you? Which are the most important? After doing so, try to narrow your list your personal core values (this will be harder than you think). Using the chart on the following page, create a list of your five core values and describe what they mean to you and why they are important. Keep this list somewhere accessible to you and use it as a resource when needed. This list can change throughout your life, but understanding who you are and what is important to you will help you to lead a value-driven life and ultimately have peace of mind in the decisions and choices you make!

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| **My Core Values** | |
| **Term** | **Description** |
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