LIVING YOUR VALUES | WORKSHEET

Our personal values help us recognize who we are at our best and what we need in order to feel whole. They also serve as valuable guides, showing us how we might fulfill our greatest good while getting back even more in return. Use this worksheet to get clear on your values and uncover ways they can help you go ***Beyond Yourself.***

WORKSHEET

Using the list of values on page 2, identify your top three to five core values (record them below).

For each core value, identify and record how it is reflected in your everyday life.
How does it impact your actions and the activities you're involved in? Consider both aspects of work and personal life.

*For each core value, list some additional ways that might inspire you to go **Beyond Yourself**.*
What actions (large or small) might you take to start expressing this value?

EXAMPLE
Health & Wellbeing

What actions (Beyond Yourself) might this value inspire?

Ideas:
- Begin a workplace initiative that enables employees attend to their wellbeing.
- Donate to a charity that helps people make healthier choices.
- Volunteer at a local community clinic.

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RESOURCE

LIST OF VALUES

This is a partial list of core values. Use this list to help you identify what matters most to you.
If you feel any are missing, feel free to write them in.

Loyalty
Spirituality
Humility
Compassion
Honesty
Kindness
Integrity
Truth
Selflessness
Determination
Generosity
Tolerance
Trustworthiness
Equanimity
Altruism
Appreciation
Empathy
Toughness
Self-Reliance
Individuality
Attentiveness
Family
Freedom
Security
Intelligence
Connection
Creativity
Humanity
Success
Respect
Diversity
Love
Openness
Order

Advancement
Joy/Play
Forgiveness
Change
Goodness
Involvement
Faith
Wisdom
Beauty
Caring
Development
Adventure
Teamwork
Learning
Excellence
Innovation
Quality
Commonality
Contributing
Strength
Speed
Power
Affection
Cooperation
Encouragement
Clarity
Charisma
Humor
Leadership
Renewal
Home
Contentment
Friendship
Courage

Balance
Professionalism
Knowledge
Patience
Prosperity
Health & Wellness
Finances
Gratitude
Grace
Endurance
Effectiveness
Fame
Justice
Appreciation
Willingness
Forgiveness
Self-Respect
Abundance
Reciprocity
Enjoyment
Happiness
Harmony
Peace