

Core Values Identification Form



We can't fail when we stay true to our values - Tom Smith

Step 1 - Values Scan. For each value, mark:

1 = Yes (Core / Central) 2 = Maybe (Possible / Exploring) 3 = Not right now (Set aside for now)

	1	2	3		1	2	3		1	2	3		1	2	3
1. Accountability	☐	☐	☐	26. Devotion	☐	☐	☐	51. Independence	☐	☐	☐	76. Quality	☐	☐	☐
2. Achievement	☐	☐	☐	27. Dignity	☐	☐	☐	52. Influence	☐	☐	☐	77. Reliability	☐	☐	☐
3. Adventure	☐	☐	☐	28. Discipline	☐	☐	☐	53. Initiative	☐	☐	☐	78. Resilience	☐	☐	☐
4. Alignment	☐	☐	☐	29. Discovery	☐	☐	☐	54. Integrity	☐	☐	☐	79. Respect	☐	☐	☐
5. Ambition	☐	☐	☐	30. Diversity	☐	☐	☐	55. Intuition	☐	☐	☐	80. Responsibility	☐	☐	☐
6. Authenticity	☐	☐	☐	31. Excellence	☐	☐	☐	56. Joy	☐	☐	☐	81. Service	☐	☐	☐
7. Balance	☐	☐	☐	32. Fairness	☐	☐	☐	57. Justice	☐	☐	☐	82. Simplicity	☐	☐	☐
8. Beauty	☐	☐	☐	33. Faith	☐	☐	☐	58. Kindness	☐	☐	☐	83. Spirituality	☐	☐	☐
9. Belonging	☐	☐	☐	34. Family	☐	☐	☐	59. Knowledge	☐	☐	☐	84. Stability	☐	☐	☐
10. Boldness	☐	☐	☐	35. Fitness	☐	☐	☐	60. Leadership	☐	☐	☐	85. Stewardship	☐	☐	☐
11. Calm	☐	☐	☐	36. Flexibility	☐	☐	☐	61. Learning	☐	☐	☐	86. Strength	☐	☐	☐
12. Candor	☐	☐	☐	37. Focus	☐	☐	☐	62. Legacy	☐	☐	☐	87. Support	☐	☐	☐
13. Compassion	☐	☐	☐	38. Freedom	☐	☐	☐	63. Love	☐	☐	☐	88. Teamwork	☐	☐	☐
14. Competence	☐	☐	☐	39. Friendship	☐	☐	☐	64. Loyalty	☐	☐	☐	89. Trust	☐	☐	☐
15. Confidence	☐	☐	☐	40. Fun	☐	☐	☐	65. Mastery	☐	☐	☐	90. Truth	☐	☐	☐
16. Connection	☐	☐	☐	41. Generosity	☐	☐	☐	66. Meaning	☐	☐	☐	91. Understanding	☐	☐	☐
17. Consistency	☐	☐	☐	42. Grace	☐	☐	☐	67. Mindfulness	☐	☐	☐	92. Usefulness	☐	☐	☐
18. Contentment	☐	☐	☐	43. Gratitude	☐	☐	☐	68. Openness	☐	☐	☐	93. Vision	☐	☐	☐
19. Contribution	☐	☐	☐	44. Growth	☐	☐	☐	69. Optimism	☐	☐	☐	94. Vitality	☐	☐	☐
20. Courage	☐	☐	☐	45. Harmony	☐	☐	☐	70. Order	☐	☐	☐	95. Wisdom	☐	☐	☐
21. Creativity	☐	☐	☐	46. Health	☐	☐	☐	71. Patience	☐	☐	☐	96. Wonder	☐	☐	☐
22. Curiosity	☐	☐	☐	47. Honesty	☐	☐	☐	72. Peace	☐	☐	☐	97. Work Ethic	☐	☐	☐
23. Decisiveness	☐	☐	☐	48. Hope	☐	☐	☐	73. Perseverance	☐	☐	☐	98. Community	☐	☐	☐
24. Dependability	☐	☐	☐	49. Humility	☐	☐	☐	74. Playfulness	☐	☐	☐	99. Security	☐	☐	☐
25. Depth	☐	☐	☐	50. Humor	☐	☐	☐	75. Purpose	☐	☐	☐	100. Empathy	☐	☐	☐

Tip: Use your first instinct. Avoid overthinking.

Core Values Identification Form

Step 2 - Narrow to 10

From your 1s (Yes) and 2s (Maybe), choose the 10 values that feel most central right now.

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

Step 3 - Choose Your Core 3-5

Review your Top 10 and select 3-5 values you want to live by, especially when life is hard.

- Core Value 1: _____
- Core Value 2: _____
- Core Value 3: _____
- Core Value 4: _____
- Core Value 5: _____

Optional Tie-Breakers

- If I could keep only one value, it would be: _____
- The value I most want to strengthen this year: _____
- One weekly behavior that proves I'm living my values: _____

Labels: 1 = Yes (Core/Central) | 2 = Maybe (Possible/Exploring) | 3 = Not right now (Set aside for now)