



## CORE VALUES CHECKLIST

### Using the Core Values Checklist:

Each of us is motivated to move our lives in certain directions. That motivation can be largely determined by the values we hold. Our values are what we hold dearly, the important truths about our life and the work that we do.

When you are exploring your core values, it is not always easy to pin them down! Where do you begin? How do you identify them?

Below is an inventory of core values that you can just read through and see which values feel “right” for you. You can use ticks and crosses to mark off values or, if you prefer, use a rating to help you work out which are more important.

It can be interesting to highlight the values that feel really “wrong” for you too. This can help you understand why certain situations feel uncomfortable and draining for you. Your work and career can also be a typical example of a situation where your values are not being honoured.

You may also wish to revisit your core values over time. There may be some additional values that become more apparent, so it may take you some time before you settle on your top 5. Research suggests values don’t change much over our lives but our prioritisation of our values might.

### Core Values Checklist

Acceptance	Friendship	Privacy
Accomplishment	Fun	Productivity
Achievement	Good Salary	Profit
Acknowledgement	Happiness	Promotion prospects
Adaptability	Harmony	Reaching potential
Adventure	Health	Recognition
Aesthetics	Helping others	Respect
Altruism	Honesty	Responsibility
Appreciation	Humour	Results
Authenticity	Imagination	Romance
Autonomy	Independence	Routine
Balance	Influence	Security
Beauty	Integrity	Self-determination
Belonging	Intellect	Self-expression
Challenge	Intuition	Service
Change	Intimacy	Sharing
Choice	Job interest	Solitude
Collaboration	Job security	Spirituality



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## RESOURCES

Commitment	Joy	Status
Communication	Justice	Success
Community	Kindness	Support
Compassion	Knowledge	Teaching
Competition	Leadership	Team work
Comradeship	Learning	Time
Connection	Leisure	Tolerance
Contribution	Love	Tradition
Creativity	Loyalty	Tranquility
Education	Making a difference	Travel
Equality	Meeting challenges	Trust
Excellence	Nature	Uniqueness
Excitement	Nurturing	Variety
Expertise	Order	Wisdom
Fairness	Participation	Work with your hands
Faith	Passion	Work with your mind
Fame	Peace	Working with people
Family	Personal empowerment	Zest
Financial Security	Personal growth	OTHERS:
Flexibility	Physical activity	
Freedom	Power	
Freedom to choose	Prestige	

TOP 5 PERSONAL VALUES	TOP 5 WORK VALUES
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.