

1 DISCOVER YOUR CORE VALUES

Core values are deeply personal and require observation and reflection to identify and understand. They are formed when we are children and develop as we grow and learn. This exercise helps to examine the values that drive our behaviors.

INSTRUCTIONS

1. Review the list of values.
2. Consider each value. Circle the values that are important to you and cross out those that are not.
3. If you can't find one of your values, write it in the space provided at the end of the list.
4. Write your top five core values below.

TOP 5 CORE VALUES

1. _____
2. _____
3. _____
4. _____
5. _____

**There are no right or wrong answers.
Be honest with yourself and consider where
you spend your time, money, and energy.**

VALUES

Accountability	Financial Security	Order
Accuracy	Free Time	Patriotism
Achievement	Freedom	Perfection
Activeness	Friendships	Positivity
Adventure	Fun	Power
Aesthetics	Generosity	Privacy
Appreciation	Grace	Quality
Authenticity	Growth	Relationships
Authority	Hard Work	Relaxation
Balance	Harmony	Reputation
Challenge	Health	Resourcefulness
Collaboration	Helping Others	Respect
Community	Honesty	Responsibility
Compassion	Hope	Results
Competence	Humility	Safety
Competition	Independence	Security
Control	Individuality	Service
Courage	Influence	Significance
Creativity	Integrity	Spirituality
Curiosity	Intelligence	Stability
Decisiveness	Involvement	Status
Effectiveness	Joy	Tradition
Efficiency	Justice	Variety
Empathy	Knowledge	Wealth
Environment	Leadership	Well-being
Excellence	Learning	Wisdom
Fairness	Love	_____
Faith	Loyalty	_____
Fame	Meaningful Work	_____
Family	Optimism	_____

2 PUT YOUR VALUES TO WORK

INNERWILL believes leadership is a choice, not a title, a conscious choice that begins with building our awareness of self. Braver leaders consistently make this choice to better understand themselves — to ensure they live, work, and lead in alignment with their core values, and to ignite the potential in themselves and others. This exercise helps to examine the values that drive our behaviors.

YOUR VALUES IN ACTION

1. Rewrite the top five core values you identified in the Discover exercise.
2. On your own or with others, consider the questions shown.

TOP 5 CORE VALUES

1. _____
2. _____
3. _____
4. _____
5. _____

Name _____

Date _____

Q. What are examples of behaviors that demonstrate your values in action?

A.

Q. How do your current behaviors reflect your values?

A.

Q. What is one thing you can do today that demonstrates at least one of your values?

A.



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