



Personal Values Worksheet – Kokoro Careers

Below is a list of core values that will help you to understand how to align your intentions, your words, your thoughts and your desires with your ACTIONS.

The difficult part is getting down to the 5 or 10 most important, most crucial ones in your life. The way to do this is relatively simple but will require around 45 minutes of uninterrupted time for you to reflect. You'll need a pen and a notebook and this sheet. Ready?

Instructions:

1. Take your time reading each word in order. Really feel the word. Think about it with your "relaxed, shoes-off self", not work-you, not school-you. Score each word with a rating of 1 to 5. 1s are not that important to you, 3s are of medium importance, 5s are very important.

2. Once you have everything numbered, pay attention only to the 5s. You're going to do a second read through now, marking them with plus + or minus – symbols. If you think it's even more important the second time around it gets a +. If its value seems to be less important this time, it gets a –.

3. Repeat this process (it may take several rounds!) until you are left with only the 5s with the most + signs. When you have your top 10, you're ready to start organising your life according to your core values. Be sure to check both pages 1 & 2.

Accountability Achievement Adaptability Adventure Altruism Ambition Authenticity Balance Beauty Being the best	Belonging Career Caring Collaboration Commitment Community Compassion Competence Confidence Connection	Contentment Contribution Cooperation Courage Creativity Curiosity Dignity Diversity Environment Efficiency	Equality Ethics Excellence Fairness Faith Family Financial stability Forgiveness Freedom Friendship
Fun Future generations Generosity Giving back Grace	Patriotism Peace Perseverance Personal fulfillment Power	Vulnerability Wealth Well-being Wholeheartedness Wisdom	



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Gratitude	Pride		
Growth	Recognition		
Harmony	Reliability		
Health	Resourcefulness		
Home	Respect		
Honesty	Responsibility		
Hope	Risk-taking		
Humility	Safety		
Humor	Security		
Inclusion	Self-discipline		
Independence	Self-expression		
Initiative	Self-respect		
Integrity	Serenity		
Intuition	Service		
Job security	Simplicity		
Joy	Spirituality		
Justice	Sportsmanship		
Kindness	Stewardship		
Knowledge	Success		
Leadership	Teamwork		
Learning	Thrift		
Legacy	Time		
Leisure	Tradition		
Love	Travel		
Loyalty	Trust		
Making a difference	Truth		
Nature	Understanding		
Openness	Uniqueness		
Optimism	Usefulness		
Order	Vision		
Parenting			
Patience			

My top 5 values are: