



Core Values Discovery Exercise

This worksheet helps you identify and reflect on the values that shape your decisions, relationships, and goals. Your core values serve as an internal compass, guiding your actions and keeping you aligned with what matters most in your life.

Step 1: Reflect

Answer the following questions honestly and thoughtfully. There are no right or wrong answers.

- ❖ When have you felt the most fulfilled and alive? What were you doing, and who were you with?

- ❖ What tends to make you angry, frustrated, or upset? What important values might be underneath those emotions?

- ❖ Who do you admire and why? What qualities or behaviors do they embody that stand out to you?

- ❖ If everything was stripped away, including career, possessions, and status, what would still truly matter to you?

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- ❖ When people think about you years from now, what do you want to be remembered for?

Step 2: Explore Your Values

The list below is not all inclusive, but it provides a strong starting point for identifying what matters most to you. Review each value and check the ones that feel meaningful. After selecting as many as you need, narrow your list to your top 10 to 15.

Column 1	Column 2	Column 3
Achievement <input type="checkbox"/>	Freedom <input type="checkbox"/>	Loyalty <input type="checkbox"/>
Adventure <input type="checkbox"/>	Growth <input type="checkbox"/>	Optimism <input type="checkbox"/>
Authenticity <input type="checkbox"/>	Honesty <input type="checkbox"/>	Peace <input type="checkbox"/>
Balance <input type="checkbox"/>	Humility <input type="checkbox"/>	Perseverance <input type="checkbox"/>
Compassion <input type="checkbox"/>	Independence <input type="checkbox"/>	Respect <input type="checkbox"/>
Connection <input type="checkbox"/>	Innovation <input type="checkbox"/>	Responsibility <input type="checkbox"/>
Courage <input type="checkbox"/>	Integrity <input type="checkbox"/>	Security <input type="checkbox"/>
Creativity <input type="checkbox"/>	Joy <input type="checkbox"/>	Service <input type="checkbox"/>
Determination <input type="checkbox"/>	Kindness <input type="checkbox"/>	Spirituality <input type="checkbox"/>
Empathy <input type="checkbox"/>	Leadership <input type="checkbox"/>	Success <input type="checkbox"/>
Excellence <input type="checkbox"/>	Learning <input type="checkbox"/>	Trust <input type="checkbox"/>
Fairness <input type="checkbox"/>	Love <input type="checkbox"/>	Wisdom <input type="checkbox"/>

Step 3: Prioritize

From the values you selected, narrow your list to the five that feel most central to who you are. These core values represent what you want to honor and stay aligned with in your decisions and relationships. Write them below in order of importance.

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



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Step 4: Apply

For each of your top five values, reflect on the questions below to understand how the value influences your life and how you can live more intentionally in alignment with it.

- ❖ Why is this value important to you

- ❖ How does this value currently show up in your life

- ❖ What would it look like to live more fully aligned with this value

Disclaimer

This worksheet is a self-reflection tool created to support personal growth within a coaching context. It is not a psychological evaluation, clinical assessment, or therapeutic intervention. All insights you gain come from your own reflections and decisions. Coaching does not replace counseling, mental health care, or medical treatment. If you are experiencing emotional distress or have concerns related to mental health, please seek support from a licensed mental health professional.