

## Values clarification

### Core Values List

|               |                  |                |                 |
|---------------|------------------|----------------|-----------------|
| truth         | intelligence     | having         | stewardship     |
| curiosity     | provide a legacy | adequate       | support         |
| efficiency    | persistence      | resources      | equality        |
| initiative    | sincerity        | autonomy       | harmony         |
| environment   | fun              | dependability  | patience        |
| communication | relationships    | trust          | growth          |
| power         | wisdom           | beauty         | variety         |
| control       | flexibility      | excellence     | productivity    |
| courage       | perspective      | teamwork       | competence      |
| competition   | commitment       | service        | health          |
| excitement    | recognition      | challenge      | risk-taking     |
| creativity    | learning         | profitability  | simplicity      |
| happiness     | family           | freedom        | independence    |
| honor         | harmony          | friendship     | comfortable     |
| innovation    | honesty          | influence      | cleverness      |
| obedience     | originality      | decisiveness   | success         |
| financial     | prestige         | justice        | family          |
| growth        | prosperity       | quality        | open-mindedness |
| community     | discipline       | hard           | security        |
| support       | respect          | work           | love            |
| effectiveness | fairness         | responsiveness | self-control    |
| integrity     | order            | fulfillment    | empathy         |
| peace         | spirituality     | purposefulness | financial       |
| loyalty       | adventure        | diversity      | collaboration   |
| clarity       | cooperation      | strength       | humor           |

## Life Domains

### Relationships

What matters most to you in this area?

How important is this domain to you? (0-10)

How aligned are your actions currently? (0-10)

What is one small action you could take to live more fully by this value?

### Work/Education

What matters most to you in this area?

How important is this domain to you? (0-10)

How aligned are your actions currently? (0-10)

What is one small action you could take to live more fully by this value?

### Health

What matters most to you in this area?

How important is this domain to you? (0-10)

How aligned are your actions currently? (0-10)

What is one small action you could take to live more fully by this value?

### Personal Growth

What matters most to you in this area?

How important is this domain to you? (0-10)

How aligned are your actions currently? (0-10)

What is one small action you could take to live more fully by this value?

### Leisure

What matters most to you in this area?

How important is this domain to you? (0-10)

How aligned are your actions currently? (0-10)

What is one small action you could take to live more fully by this value?

### Community

What matters most to you in this area?

How important is this domain to you? (0-10)

How aligned are your actions currently? (0-10)

What is one small action you could take to live more fully by this value?

## Reflection Question

1. Is there alignment between your personal Core Values and your actual behavior?
2. If not, where do you believe the gaps are?
3. Do you need to address any gaps between your Core Values and your actual behavior?  
If so, Identify one short-term and one long-term goal based on your values.