

My Personal Values Worksheet by _____

Step 1. Circle up to TWENTY (20) words that describe who you are OR want to be.

(Feel free to write in any values that you don't see on the list!)

Abundance	Compassion	Flexibility	Leadership	Stability	Success
Accepting	Cooperation	Freedom	Learning	Peace	Teamwork
Accountable	Collaborative	Fun	Love	Perfection	Thankful
Achiever	Consistency	Generosity	Loyalty	Playfulness	Thoughtful
Adventure	Contributor	Grace	Mindfulness	Popularity	Traditional
Advocacy	Creativity	Growth	Motivation	Power	Trustworthy
Ambition	Credibility	Flexibility	Optimism	Prepared	Uniqueness
Appreciation	Curiosity	Happiness	OpenMinded	Proactivity	Usefulness
Attractive	Daring	Health	Originality	Professional	Versatility
Autonomy	Decisiveness	Honesty	Passion	Punctuality	Vision
Balance	Dedication	Humility	Performance	Recognition	Warmth
Benevolence	Dependable	Humor	Personal	Relationships	Wealth
Boldness	Diversity	Inclusiveness	Development	Reliability	Well-Being
Brilliance	Empathy	Independent	Proactive	Resilience	Wisdom
Calmness	Encouraging	Individuality	Professional	Resourceful	Zeal
Caring	Enthusiasm	Innovation	Quality	Responsible	_____
Challenge	Ethics	Inspiration	Recognition	Responsive	_____
Charity	Excellence	Intelligence	Risk Taking	Security	_____
Cheerful	Expressive	Intuition	Safety	Self-Control	_____
Cleverness	Fairness	Joy	Security	Selflessness	_____
Community	Family	Kindness	Service	Simplicity	
Commitment	Friendships	Knowledge	Spirituality	Stability	

Step 2: Look at the words you've circled on the list and choose up to TEN (10).

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Step 3. Look at the list in Step 2. Circle your TOP THREE (3). (*I know, it's hard!*)

Step 4. Complete for each of your (3) Values (order is not necessarily important).

- **Example Value:** *Compassion*
- **Example Action Statement:** *I treat myself and everyone in my life with compassion.*

Value #1 _____

Action Statement:

Value #2 _____

Action Statement:

Value #3 _____

Action Statement:

Step 5: Congratulations! You've identified three "core values". Knowing your core values and how to put them into action in your life is a major step towards creating happiness in our lives. Post your action statements where you will see and live them daily! Bathroom mirror, computer monitor, over the coffee pot, in your planner, on your lock screen, inside your journal, any and everywhere you think it will help you live out your values in your daily life.

Next Steps: Consider using these values as a starting point to build your Personal Mission Statement!

Enjoy this exercise? Please share – and tag us on social media! #HappinessIsCourage