

Choose your core values

Use words that mean something in your life. There are no right answers or scores.

This is a reflection exercise, not a validated test or a measure of your character.

Date: _____

1. Choose a starting set

Pick up to ten values from the list at the link below, or add your own words. Include values you already express and values you want to give more attention.

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

2. Choose five and define what they mean to you

Which would you most want to protect when time, money, or energy is limited? Five is a limit for this exercise, not a rule about how many values to have.

Example: Friendship. For me, this means making time for a conversation without checking my phone.

- | | |
|-----------------|------------------------------------|
| 1. Value: _____ | For me, this means: _____
_____ |
| 2. Value: _____ | For me, this means: _____
_____ |
| 3. Value: _____ | For me, this means: _____
_____ |
| 4. Value: _____ | For me, this means: _____
_____ |
| 5. Value: _____ | For me, this means: _____
_____ |

Put one value into practice

Explore a real choice. Try an action that fits your life. Learn from what happens.

3. Work through a trade-off

Name a real decision where two of your values pull in different directions. For example, an evening could go toward learning something new or time with family.

My decision and the two values involved:

What would I choose here, and what would that choice cost?

How could I still make room for the other value?

4. Try one action

Choose one value and a small action that expresses it. Consider the time, resources, and energy you actually have.

Value and action:

When and where I will try it:

What might get in the way? What could I change if it does?

5. Review and adjust

After trying it: What happened? Did it fit? What will I keep or change?
