



Defining Your Core Values

DISCOVER WHAT MATTERS MOST

There are so many ways to begin a process of defining and clarifying your personal core values. This worksheet outlines several entry points into discovering what matters most to you. Try a few of these exercises, and note themes and similarities that arise across them.

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FREE WRITE

Grab a notebook and spend some time writing and journaling in response to these prompts:

*What matters most to me?
What defines me?
What am I most proud of?
When am I my best self?*

LIST OF WORDS

Find one of many resources available that provide a large word bank of values to choose from.

Circle 10-15 words that resonate with you, then narrow it down to 3-4 words that mean the most to you.

TELL YOUR STORIES

Think of times in your life when you felt aligned with your purpose. These stories can help you find your North Star.

What moments in your life stand out to you?

**CORE
VALUES**

BEGIN WITH THE END IN MIND

Begin this process by first thinking about where you want to be going.

Imagine your funeral in 3 years, and what people close to you would say about you.

Write a letter from your 85-year-old self. What would you tell yourself?

QUALITIES YOU ADMIRE

Brainstorm a list of 6-8 people who you admire most. Make another list of the qualities you admire in these people.

Circle any of these qualities that resonate the most deeply with you.