My Core Values Personal Worksheet

Much like company core values, your personal core values are there to guide behavior and choice. Get them right and you'll be swift and focused in your decision-making, with clear direction. Get them wrong or leave them ambiguous, and you'll constantly wonder how you got into this mess.

Although your personal core values may not exactly match anyone else's, they still help you determine your surrounding culture. Most people consciously or unconsciously use personal core values to select friendships, relationships, big decisions, and tiny ones, and business partnerships. Your core values also help you wisely manage your personal resources such as time and money.

1. What are the 5 most defining moments I have had over the past 3 years? (good & bad)

2. What are the 3 most positive relations I have entered into? And what 3 traits do I admire in those relationships?

3. What are the 3 most important decisions I have made? (successes / accomplishments)

4. What are the 3 worst decisions I made in the last year? (choices I made that made me feel out of alignment or decisions that do not serve me or I keep regretting)

5. What are the 3 non-nourishing relationships in my life right now?

6. What is the biggest time-waster activity I spend time on?

7. What common rules or themes are showing up?

8. How do I define myself now, in this moment? Quickly list up to 10 bullets.

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9. How do I want to define myself this year? List up to 10 bullets.

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10. What are my 7 core values?

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