

Discover your core values

This framework will help you discover the most important values for you.

First, start by ruling out the 17 values you feel least identified. Then from the remaining list, discard the following 20 values which are less valuable for you. After that, from the remaining 20 values, discard another 10. You will end with 10 values.



Authenticity	Curiosity	Knowledge	Respect
Achievement	Determination	Leadership	Responsibility
Adventure	Fairness	Learning	Security
Authority	Faith	Love	Self-Respect
Autonomy	Fame	Loyalty	Service
Balance	Friendships	Meaningful Work	Spirituality
Beauty	Fun	Openness	Stability
Boldness	Growth	Optimism	Success
Compassion	Happiness	Peace	Status
Challenge	Honesty	Pleasure	Trustworthiness
Citizenship	Humor	Poise	Wealth
Community	Influence	Popularity	Wisdom
Competency	Inner Harmony	Recognition	
Contribution	Justice	Religion	
Creativity	Kindness	Reputation	

Use your intuition and choose your top 5. Finally, write them in order of significance.

TOP 5 VALUES	1	
	2	
	3	
	4	
	5	

Keep these values for future development frameworks.

Write about times when you have abused those values in the workplace.

WORKPLACE

Write about times when you have abused those values in relationships.

RELATIONSHIPS