

# Daylight Coaching

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*Core values  
worksheet*



## Introduction

Values are chosen life directions, and they can guide us through life when making decisions, encountering others, or navigating difficult situations that we find ourselves in. This exercise will guide you through five steps to become familiar with your own values. For the best experience, print this worksheet and take notes on it. If that option is not available to you, grab a pen and paper so that you can take your own notes.

Remember that values are not about 'right or wrong'. It's like having a favorite ice cream flavor: If I like grandma's apple pie ice cream, and you like chocolate, that's fine! Different people will have different core values, and you don't need to justify or reason about it (unless you want to, of course).

Reflecting on your core values is very personal and cognitively demanding. It is also deeply rewarding! Take enough time to complete this and be patient with yourself if you find yourself struggling to choose your core values. If you need, pause this exercise and come back to it later if you find yourself rushing or unable to focus.

Enjoy!

With love,  
Dayenne

**Step 1: Determine your values.** From the list below, mark all the values that are important to you. It does not matter whether you are currently expressing those values or not, all that matters is that they are important to you. If you feel like one is missing, you can add your own. It's more important that a value *feels* important to you and less important what you *think* you should find important, or what others might think of that. Use this opportunity to really get to know yourself better.

Acceptance	Decisiveness	Integrity	Security
Accountability	Dedication	Intimacy	Self-care
Achievement	Diversity	Intuition	Self-control
Adventure	Effectiveness	Joy	Selflessness
Appreciation	Efficiency	Justice	Serenity
Assertiveness	Empathy	Kindness	Sexuality
Autonomy	Enthusiasm	Knowledge	Simplicity
Authenticity	Equality	Leadership	Skillfulness
Authority	Fairness	Learning	Spirituality
Awareness	Family	Love	Stability
Balance	Forgiveness	Loyalty	Success
Calmness	Friendships	Mindfulness	Thankfulness
Caring	Flexibility	Motivation	Thoughtfulness
Challenge	Freedom	Nature	Trustworthiness
Change	Fun	Optimism	Truth
Charity	Generosity	Open-mindedness	Understanding
Cheerfulness	Gratitude	Order	Usefulness
Cleverness	Growth	Originality	Vision
Community	Happiness	Patience	Warmth
Commitment	Harmony	Peace	Wealth
Compassion	Health	Personal development	Well-being
Competence	Helping other people	Persistence	Wisdom
Competition	Helping society	Physical challenge	Respect
Connection	Honesty	Playfulness	Risk taking
Cooperation	Humility	Pleasure	Safety
Collaboration	Humor	Proactive	Security
Consistency	Inclusiveness	Reciprocity	Spirituality
Contribution	Independence	Relationships	Stability
Courage	Individuality	Reliability	Responsibility
Creativity	Influence	Religion	....
Curiosity	Inspiration	Resilience	....

**Step 2: Grouping.** Out of all the values that you marked, do you see values that ‘go together’? Values that have a similar meaning to you, or that expressed in a similar domain in your life (for example values having to do with work or relationships). Group all the values that are similar together until you have five groups. If you have more than five groups, drop the least important. *Example:*

Appreciation	Accountability	Advocacy	Caring	Creativity
Balance	Challenge	Contribution	Compassion	Ethics
Flexibility	Collaboration	Usefulness	Dependability	Expressiveness
Freedom	Curiosity	Charity	Encouragement	Fun
Happiness	Quality		Friendships	Generosity
Health	Professionalism		Honesty	Growth
Love	Preparedness		Kindness	Humor
Mindfulness	Reliability		Relationships	Inspiration
Proactive	Resourcefulness		Thankfulness	Spirituality
Peace	Responsibility		Understanding	Intuition
Well-being	Success			Personal development
Wisdom Resilience	Trustworthiness			

**Step 3: Choosing.** Choose one word in each group that best represents that group. *Example:*

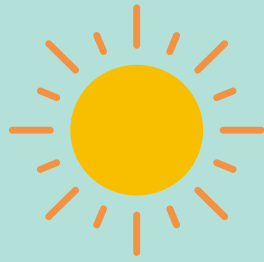
Appreciation Balance Flexibility Freedom Happiness Health Love Mindfulness Proactive Peace <b>Well-being</b> Wisdom Resilience	Accountability Challenge Collaboration Curiosity <b>Quality</b> Professionalism Preparedness Reliability Resourcefulness Responsibility Success Trustworthiness	Advocacy Contribution Usefulness <b>Charity</b>	Caring Compassion Dependability Encouragement Friendships Honesty Kindness <b>Relationships</b> Thankfulness Understanding	Creativity Ethics Expressiveness Fun Generosity Growth Humor Inspiration Spirituality Intuition <b>Personal development</b>
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**Step 4: Selecting.** Out of all the values that you selected, choose 5 values that are the most important to you, personally. These may be the category-representatives from step 3, but that does not have to be the case.

*Example: Health, quality, contribution, relationships, personal development.*

**Step 5: Moving forward.** Now that you have your top 5, it's time to put these values into practice! Some reflection questions and prompts:

- Which value would you like to give more attention to this week? How might you do that?
- What difference can you notice when you start behaving in alignment with your values? Or, how does it feel when you are acting 'away from' your core values?
- What can you do in the next 24 hours to honor one of your core values?



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