

**Core Values Worksheet**

Authenticity  
Balance  
Commitment  
Compassion  
Concern for Others  
Courage  
Creativity  
Empathy  
Excellence  
Fairness  
Faith  
Family  
Freedom  
Friendship  
Generosity  
Genuineness

Happiness  
Harmony  
Health  
Honesty  
Humor  
Integrity  
Kindness  
Knowledge  
Loyalty  
Openness  
Perseverance  
Respect for Others  
Responsibility  
Security  
Serenity  
Service to Others

What would you say are the three most important life lessons you have learned and why are they so critical?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Think of someone that you deeply respect. What are three qualities that you most admire in this person? \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who are you at your best?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_