

Step 1: Circle or tick every value that resonates with you — don't overthink it. Step 2: From your ticks, narrow down to your top 10. Step 3: Rank those 10 to find your top 5 core values. These should feel like YOU — not who you think you should be.

Step 1 — Tick Everything That Resonates

- | | | | |
|--------------------------------------|--|---------------------------------------|--|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Adventure | <input type="checkbox"/> Authenticity | <input type="checkbox"/> Balance |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Belonging | <input type="checkbox"/> Bravery | <input type="checkbox"/> Collaboration |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Contribution | <input type="checkbox"/> Courage | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Discipline | <input type="checkbox"/> Equality | <input type="checkbox"/> Excellence |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Family | <input type="checkbox"/> Freedom | <input type="checkbox"/> Fun |
| <input type="checkbox"/> Generosity | <input type="checkbox"/> Growth | <input type="checkbox"/> Harmony | <input type="checkbox"/> Health |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Humility | <input type="checkbox"/> Impact | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Joy | <input type="checkbox"/> Justice | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> Learning | <input type="checkbox"/> Love | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Nature | <input type="checkbox"/> Openness | <input type="checkbox"/> Optimism |
| <input type="checkbox"/> Order | <input type="checkbox"/> Passion | <input type="checkbox"/> Peace | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Purpose | <input type="checkbox"/> Relationships | <input type="checkbox"/> Resilience | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Security | <input type="checkbox"/> Service | <input type="checkbox"/> Simplicity | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Strength | <input type="checkbox"/> Success | <input type="checkbox"/> Trust | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Wit | <input type="checkbox"/> Wonder | <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

Step 2 — My Longlist (top 10 from above)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Step 3 — My Top 5 Core Values (with a personal 'why')

1. Value: _____ Why this matters to me: _____
- _____
- _____
2. Value: _____ Why this matters to me: _____
- _____
- _____
3. Value: _____ Why this matters to me: _____

4. Value: _____ Why this matters to me:

5. Value: _____ Why this matters to me:

Reflection

Where in my life am I currently honouring these values? Where am I not?
