

CORE VALUES

Select 20 to 25 words from the list below that best represent your life values. Add any values that are missing from this list.

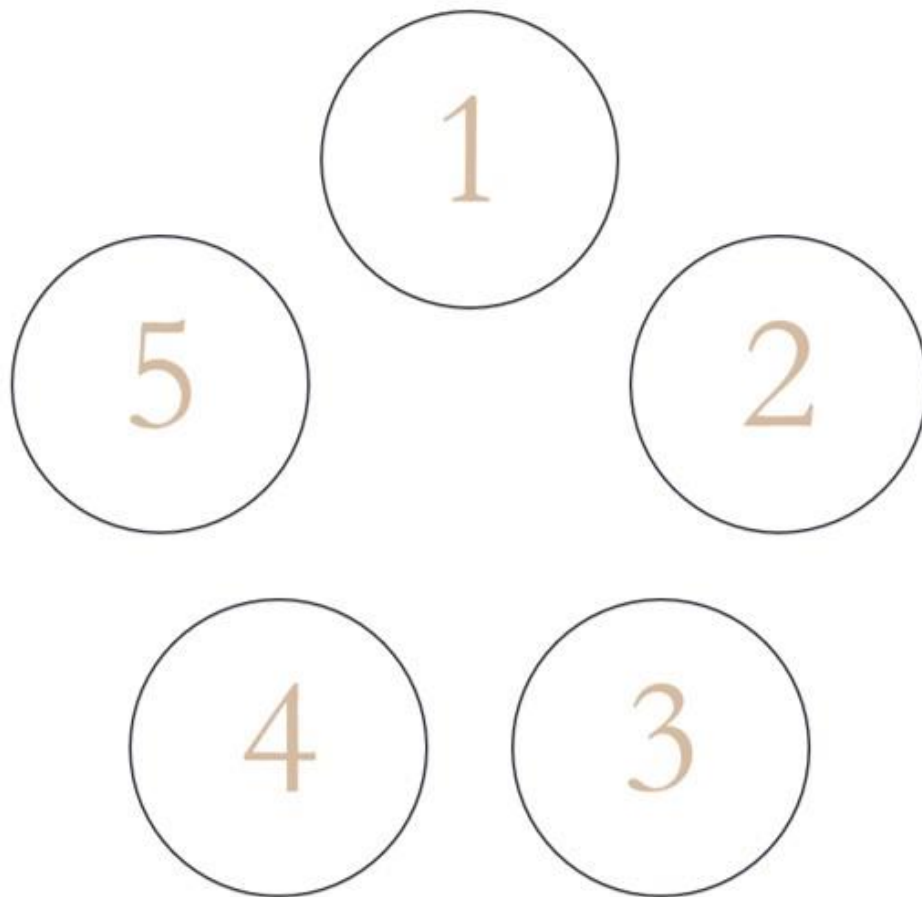
Accomplishment	Financial Freedom and/or abundance	Pursuit of a hobby
Adventure	Fulfillment	Peace and Tranquility
Advancement/Promotion	Having a spiritual way of life	Respect
Being involved in community	Having fun	Recognition and Acknowledgement
Balanced lifestyle	Healthy lifestyle	Rest and relaxation
Busy lifestyle	Honesty	Simplicity
Creative Expression	Integrity	Serenity
Competence	Independence	Successful money management
Cooperation	Intimacy and closeness	Social contact
Change and variety	Influencing Others	Self-motivation
Challenge	Knowledge	Self-respect
Close Relationship	Living with high moral standards	Stability and security
Clear Communication	Learning new things	Status
Decisiveness	Loyalty	Time Freedom
Democracy	Mental stimulation	Time alone
Excitement	Market Position	Time with my immediate family
Expertise	Meaningful Work	Time with my extended family
Economic Security	Money	Taking on new projects
Excellence	Openness	Teamwork Truth
Feeling Competent and Capable	Order	Time in nature
Friendships	Physical Activity	Wealth
Freedom	Power and Authority	Working alone
Family	Pleasure	Work with others

Narrow your selection above by grouping values that have similar meaning to you or you feel fit together into 5 groups and writing them in the space below. Choose one of the value or a word that you feel best encompasses the meaning of the entire group as the group name.

1	2	3	4	5
Group Name	Group Name	Group Name	Group Name	Group Name

Core Value Ranking:

First, transfer your 5 core value groups into the image below. Starting with circle 1, ask each other circle if they are more or less important than circle 1. (Which of these two things are more important to you? Is one of them necessary in order for the other one to exist?). Draw an arrow from one circle to another, with the head of the arrow pointing towards the value that is **most** important to you. Continue by comparing the value in circle 1 to the values in circles 3 through 5. Working clockwise, move to comparing the values in circle 2, 3, 4 and 5, drawing the arrows accordingly. When completed, count the number of arrows pointing to each circle. The one with the most arrows pointing to it is your top value. Figure out how your values are ranked.

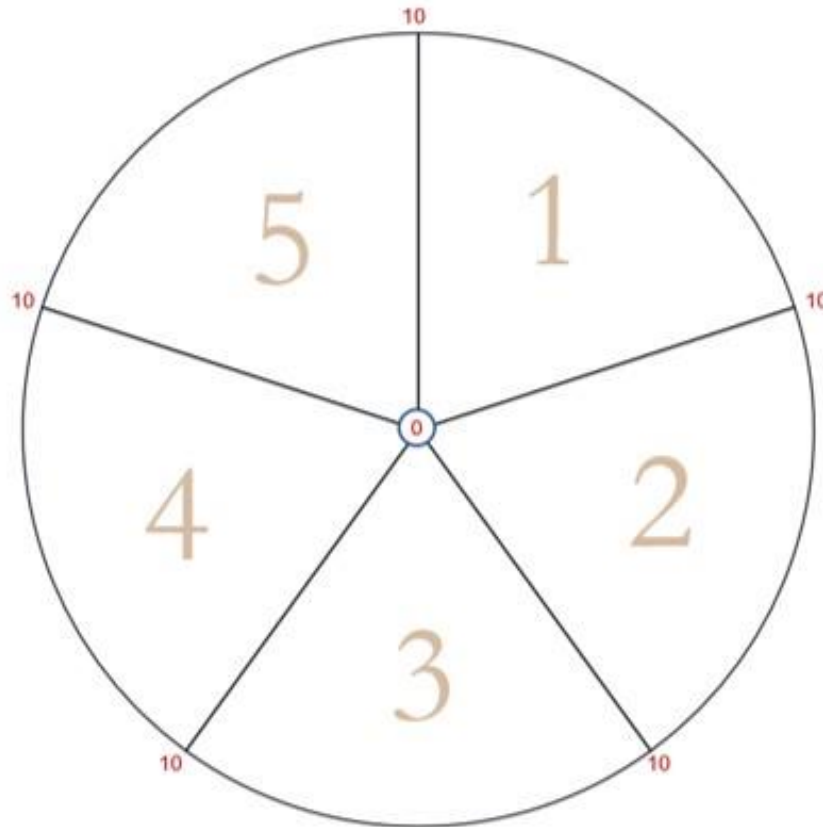


Write your top 5 core values in their ranking order here:

1. _____
2. _____
3. _____
4. _____
5. _____

Core Value Wheel:

Write each of your top 5 core values in one section of the Value Wheel below. For each value, rate how well you are currently living that value, by drawing a straight line between 1 and 10 in each section. For example, if you are fully living the value to its limit, it will be a 10. If your life is out of alignment with respect to the value, it will likely be less than 5.



Once you have rated each value, you will have created a "wheel". An uneven, bumpy wheel indicates that you are not living each of your top 5 core values equally. Much like it would on a car, an uneven wheel will likely make for an uncomfortable ride, slowing forward motion, and never feeling quite right. A smooth, even wheel will make it easier to move forward, and will make for a more comfortable ride. Keep in mind that an even wheel at 10 will move more quickly, cover more ground, and provide a smoother ride than a wheel that is even a 5 will.

What insights can you derive from your Core Value Wheel?

What might you start to do differently to bring your day-to-day activities into alignment with your core values?