Core Values Exercise

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Name: _____

Instructions: In this exercise, you will reflect on your personal values and prioritize them based on their importance to you. Please take your time to carefully consider each value and rank them accordingly.Rank the following values from 1 to 5, with 1 being the most important and 5 being the least important:

Authenticity: _____ **Compassion:** _____

Integrity: _____ **Innovation:** _____

Collaboration: _____ **Growth:** _____

Respect: _____ **Excellence:** _____

Sustainability: _____ **Empathy:** _____

After ranking the values, reflect on your top three values. Write a brief description for each, explaining why they are important to you and how they align with your life and goals.

Values: _____

Description:

Values: _____

Description:

Values: _____

Description:

Finally, consider how you can incorporate these values into your daily life. Write down one action or behavior you can engage in to live out each of your top three values.

Action:

Action:

Action: