

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: