



Core Values Mini-Questionnaire

Values are the desires of your heart—the principles that are most important to you. They are the driving force behind all your decisions and choices. Values are the fuel that ignites you, fires you up, and moves you forward.

As you answer the following questions, remember that values are intangibles. For example, hiking is an activity not a value. However what hiking offers you is the value. That could be anything from adventure to peace or nature. Family, is another word that is often thought of as a value, but, really, it's a tangible group of people. The intangible that family offers you is the value. This could be comfort, connection, understanding, or fun.

Answer the six questions below with as many examples as you can. Think past and present, as well as personal and professional. With each example, ask yourself, *What value does this example honor? Why is that important to me?*

- 1. What things, if they were taken away or you couldn't do them, would make life unbearable? What makes these things valuable to you?**

Possible values:

- 2. What did you go out of your way to do this week? What was the underlying reason?**
We tend to make time for activities that honor our values.

Possible values:



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3. Identify times at work and home when you were the angriest. What was happening then? What made you so angry? Your answers will reveal when your value was not honored. For example, children talking back to you might reveal a value of respect.

Possible values:

4. What are the best decisions you've ever made? The worst? Your answers to the second question reveal times that you dishonored a value. Which ones might those be?

Possible values:

5. What are your soap box issues? Why?

Possible values:



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6. What would you regret NOT doing? Why?

Possible values:

As you reflect on your answers, look for themes. What values did you identify in more than 2 or more questions? Those are usually at the top of your list. From all possible values, identify ten and rank them in order of importance to you. Display your top five core values where you can see them every day and set an intention to align your thoughts and actions with one or more them.

1.

2.

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4.

5.

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7.

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10.
