



VALUES
WORKSHEET

DIGGING DEEP

List 5 role models whom you admire

What values do they have that attracts you to them?

What values do these people have that you would want to add into your own life?

Start comparing your chosen values side by side and select the ones most relevant to you and where you are right now. Once you have got a list between 3 - 10 write them down and make sure they are always visible, they can be printed out and placed throughout your house, they can be written down and attached to your bank card in your wallet. Make sure you see them as often as possible until they become so ingrained that you would never do anything to compromise your core values.

The Importance of Values

A man asks a woman if she will sleep with him for a million dollars, she thinks about it for a minute and eventually says okay. He then asks if she would sleep with him for twenty dollars to which she indignantly replies "No way! What kind of woman do you take me for?" The man replies "I thought we had established what kind of woman you were, I figured we were just negotiating the price."

30 CORE VALUE IDEAS TO GET STARTED

Adventurous	Faith	Legacy
Ambitious	Fitness	Love
Appreciation	Freedom	Loyalty
Belief in others	Fun	Reliable
Calm	Grace	Resilience
Creativity	Hard Working	Resourceful
Community	Honesty	Self-control
Contribution	Ingenuity	Status
Decisiveness	Joy	Strategic
Empathy	Learning	Traditional

MY TOP 3



Our actions are the only truth of what our core values are. If you're not aligned with your core values, you will struggle finding happiness.

- Jamie Kira