



Core Values Assessment

This assessment helps clarify what matters most to you. Awareness of core values improves decision-making, boundaries, and emotional alignment.

Step 1: Review the Values Word Bank

Authenticity	Achievement	Adventure
Balance	Compassion	Connection
Courage	Creativity	Discipline
Family	Freedom	Growth
Gratitude	Health	Honesty
Integrity	Kindness	Leadership
Learning	Love	Loyalty
Mindfulness	Purpose	Respect
Responsibility	Security	Service
Spirituality	Stability	Trust

Circle your top 10 values above. Then narrow to your Top 5 and finally Top 3.

Top 5 Values:

Top 3 Core Values:

Values Alignment Audit

For each of your Top 3 values, reflect on alignment in your daily life.

Core Value	How am I currently living this?	What needs to shift?

One small action I will take this week to live more aligned:
