



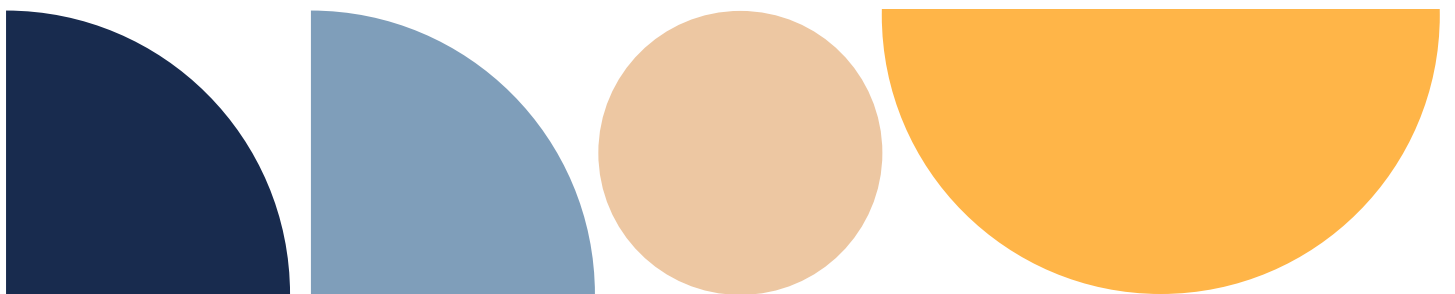
CAREER BENDERS

Core Values Worksheet

Know what matters most to YOU.



@careerbusters
#InspiringConfidentProfessionals



What are your core values?

It sounds pretty simple, right? You should know yourself and what matters most in your life. But in the abstract, it's kinda difficult to quantify.

That's why we made this worksheet. It runs the gamut of descriptors, from the integral to the esoteric and everything in between. Even if something isn't a complete match, this list should get you thinking on the right track.

Here's our suggestion to make the most of it.

1. Remove distractions. Get outside, turn off your phone/notifications, put on some music; whatever it takes to get yourself in a good headspace to think and reflect.
2. Strike through the descriptors that don't resonate.
3. Focus on 4-7 that you jive with. You can do more or less, but be sure not to overdo it and spread your mental energy too thin. Remember, you can always come back to this exercise later.
4. Evaluate those core values and how they apply (or don't) to what you've got going on in work and life.
5. Take action: embrace and embody your core values. This is the tough part because change isn't always easy. Living your best life might entail minor changes like adjusting a schedule, being more mindful/present, or cutting back on the coffee (never!). But it could also mean making big, impactful changes like changing jobs, moving to a new location, or shedding relationships that aren't healthy, be it substance, people, or other.

This is a very personal exercise that is completely different for everyone, so don't feel like there's a right or wrong path to take. We've helped hundreds of clients navigate this same journey, and if you're feeling lost or would like some guidance (career or otherwise), don't hesitate to reach out.

Your coach,
Angie

Angie@careerbusters.com | CareerBenders.com

CORE VALUES

- Abundance
- Acceptance
- Accomplishment
- Accountability
- Accuracy
- Achievement
- Adaptability
- Adventure
- Affection
- Alertness
- Ambition
- Assertiveness
- Attentive
- Authenticity
- Awareness
- Balance
- Beauty
- Boldness
- Bravery
- Brilliance
- Calmness
- Capable
- Careful
- Caring
- Certainty
- Challenge
- Charity
- Cleanliness
- Clear
- Clever
- Comfort
- Commitment
- Communication
- Community
- Compassion
- Competence
- Confidence
- Consistency
- Contentment
- Contribution
- Control
- Cooperation
- Courage
- Courtesy
- Creativity
- Credibility
- Curiosity
- Decisiveness
- Dedication
- Dependability
- Determination
- Devotion
- Dignity
- Discipline
- Diversity
- Efficiency
- Empathy
- Endurance
- Energy
- Enjoyment
- Enthusiasm
- Equality
- Ethical
- Excellence
- Excitement
- Experience
- Expertise
- Exploration
- Fairness
- Faith
- Fame
- Family
- Fearless
- Fidelity
- Fitness
- Focus
- Foresight
- Forgiveness
- Grace
- Gratitude
- Growth
- Happiness
- Hard Work
- Harmony
- Health
- Honesty
- Honor
- Humility
- Humor
- Imagination
- Independence
- Individuality
- Inner Harmony
- Joy
- Justice
- Kindness
- Knowledge
- Lawful
- Leadership
- Learning
- Mastery
- Maturity
- Meaning
- Moderation
- Motivation
- Obedience
- Openness
- Optimism
- Order
- Organization
- Originality
- Passion
- Patience
- Patriotism
- Peace
- Playfulness
- Poise
- Positivity
- Power
- Productivity
- Professionalism
- Restraint
- Results-oriented
- Rigor
- Security
- Self-actualization
- Self-development
- Self-reliance
- Self-respect
- Teamwork
- Temperance
- Thankful
- Thorough
- Thoughtful
- Timeliness
- Tolerance
- Toughness
- Traditional
- Tranquility
- Transparency
- Trustworthy
- Understanding
- Uniqueness
- Unity
- Vision
- Vitality
- Wealth
- Welcoming
- Winning
- Wisdom

Angle Callen | angie@careerbusters.com

CareerBenders.com

