



Core Values Exercise

Choose 10 values from the list below, then narrow to your 5 core values.

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|---------------|-----------------|-----------------|
| Authenticity | Fame | Pleasure |
| Achievement | Friendships | Poise |
| Adventure | Fun | Popularity |
| Authority | Growth | Positivity |
| Autonomy | Happiness | Recognition |
| Balance | Honesty | Religion |
| Beauty | Humor | Reputation |
| Boldness | Influence | Respect |
| Compassion | Inner Harmony | Responsibility |
| Challenge | Justice | Security |
| Citizenship | Kindness | Self-Respect |
| Community | Knowledge | Service |
| Competency | Leadership | Spirituality |
| Contribution | Learning | Stability |
| Creativity | Love | Success |
| Curiosity | Loyalty | Status |
| Determination | Meaningful Work | Trustworthiness |
| Fairness | Openness | Wealth |
| Faith | Peace | Wisdom |

Top 5 Core Values:

1. _____
2. _____
3. _____
4. _____
5. _____