



THE CORE VALUES CLARITY

WORKSHEETS



A WORKBOOK FROM
CROOKED TRAIL COACHING, LLC

Knowing our true core values empowers us to live a life of integrity in which our goals and actions align with our beliefs and values. This worksheet will help you to reveal your real core values, how they relate and when they collide so that you can successfully integrate them into your life.

STEP #1

Read through all these values and check all that are important to you:

- Abundance
- Advancement
- Adventure
- Affection
- Appreciation
- Balance
- Be True
- Beauty
- Career
- Caring
- Change
- Charisma
- Clarity
- Commonality
- Communication
- Compassion
- Connection
- Contentment
- Contributing
- Cooperation
- Courage
- Creativity
- Curiosity
- Diversity
- Effectiveness
- Encouragement
- Endurance
- Enjoyment
- Entertainment
- Entrepreneurial
- Excellence
- Excitement
- Exploration
- Faith
- Fame
- Family
- Finances
- Fitness
- Forgiveness
- Fortitude
- Freedom
- Friendship/Relationship
- Frugality
- Fun-Loving
- Future focus
- Generosity
- Goodness
- Grace
- Gratitude
- Grit
- Growth
- Happiness
- Harmony
- Health
- Home
- Honesty
- Humanity
- Humor
- Imagination
- Innovation
- Integrity
- Intelligence
- Invention
- Involvement
- Joy/Play
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Listening
- Love
- Loyalty
- Mindfulness
- Moderation
- Openness
- Optimism
- Order
- Passion
- Patience
- Peace
- Personal Development
- Philanthropy
- Power
- Pride in Your Work
- Professionalism
- Prosperity
- Quality
- Reciprocity
- Relationship
- Religion
- Renewal
- Respect
- Security
- Self-Respect
- Speed
- Spiritualism
- Strength
- Success
- Teamwork
- Trusting Your Gut
- Volunteerism
- Wealth
- Wellness
- Whimsy
- Willingness
- Wisdom
- Work Hard



STEP #2

Write them down here in the left column. Now read through them again and decide what 6 values are most important to you:

All values I checked	My top 6

STEP #3

Write down what each of these values mean to you and why they are important:

My top 6	What they mean, why they are important and how they show in your life:



STEP #4

Do all of your top 6 values integrate well with each other or is there conflict between any of the values?

Top 6 Values	Conflicting Value	Where do these values collide? What is the conflict?

STEP #5

Narrow it down! Choose your top 3 core values from your list of 6.

	Note down value	Because
My #1 priority is		
My #2 priority is		
My #3 priority is		



STEP #6

Now that you know your top 3 priorities, ask yourself: Does it show up in my everyday life that value (X) is my #1 priority? If not, why is that? How can I infuse this value more in all areas of my life? (Repeat the question with all top 3 core values)

STEP #7

Now that I know my top 3 core values and how I want to infuse them more into my everyday life, how can I solve any core value conflict?

STEP #8

Now you have an initial list of core values to focus on. What can you do right now to live more in alignment with these values? Volunteer? Intentional time with your kids? Time limits on social media, Netflix, or other distractions? Start with the smallest domino on the next page and add an action that you can do today.

Then, think about your “best life.” What goals have you been putting off? What seems impossible? I encourage you to include your Big Hairy Audacious Goal (BHAG) as a north star, and I’d love to help you make that “someday” goal a reality. Schedule your free consultation at www.crookedtrailcoaching.com.

Good luck, and happy planning!



KNOCKING OVER DOMINOES

