



### Worksheet 2 – Identifying your core values

Understanding your values is also important when setting goals for what you want from your life. Values are beliefs that guide or motivate your decisions, priorities, and behaviours. Examples of values held by some people such as honesty, health, and creativity.

Equally important, identifying your values will help you to recognise when your actions are out of alignment, to get yourself back on track.

*Please refer to the values list below, circle the values which are important to you (or you may choose your own that are not listed).*

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Authenticity	Trustworthiness	Stability	Wisdom
Beauty	Achievement	Adventure	Balance
Community	Boldness	Challenge	Compassion
Creativity	Competency	Connection	Contribution
Education	Courage	Curiosity	Determination
Freedom	Forgiveness	Fairness	Faith
Growth	Friendships	Fun	Generosity
Humour	Happiness	Health	Honesty
Kindness	Influence	Inner Harmony	Justice
Love	Knowledge	Leadership	Learning
Peace	Loyalty	Openness	Optimism
Recognition	Pleasure	Persistence	Reliability
Responsibility	Religion	Reputation	Respect
Spirituality	Security	Self-Respect	Service

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Now please choose 5-6 of these values that are most important to you and write them down.  
These are known as your core values.

1
2
3
4
5
6