

# Core Values Reflective Journal Worksheet

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Use this worksheet to clarify and reflect on your core values. Begin by reviewing the list of values below. Select 5 that resonate most deeply with you. Then, for each, answer the following reflective prompts:

- Where am I honoring this value?
  - Where am I compromising this value?
  - Which value needs more expression?
- Be honest and compassionate with yourself.

## List of Core Values

Authenticity	Fun	Mindfulness
Adventure	Generosity	Open-mindedness
Autonomy	Growth	Optimism
Balance	Harmony	Passion
Beauty	Honesty	Peace
Compassion	Humility	Purpose
Connection	Humor	Resilience
Contribution	Impact	Respect
Courage	Independence	Security
Creativity	Integrity	Service
Curiosity	Joy	Simplicity
Determination	Justice	Spirituality
Empathy	Kindness	Strength
Excellence	Learning	Trust
Faith	Love	Truth
Freedom	Loyalty	Wisdom

## My Top 5 Core Values & Reflections

### Value 1:

Where am I honoring this value?

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Where am I compromising this value?

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Which value needs more expression?

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### Value 2:

Where am I honoring this value?

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Where am I compromising this value?

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Which value needs more expression?

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### Value 3:

Where am I honoring this value?

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Where am I compromising this value?

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Which value needs more expression?

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### Value 4:

Where am I honoring this value?

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Where am I compromising this value?

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Which value needs more expression?

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**Value 5:**

Where am I honoring this value?

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Where am I compromising this value?

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Which value needs more expression?

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