

CORE VALUES

Part 1. Circle 3 to 5 core values that you would like to be remembered by. You might not be living that value now.

Dependability	Reliability	Loyalty
Commitment	Open-mindedness	Consistency
Honesty	Efficiency	Innovation
Creativity	Good humour	Compassion
Spirit of adventure	Motivation	Positivity
Optimism	Passion	Generosity
Fitness	Courage	Education
Perseverance	Patriotism	Service to others
Environmentalism	Contentment	Control
Conviction	Intelligence	Bravery
Beauty	Assertiveness	Dedication
Determination	Empathy	Openness
Power	Wisdom	Tolerance
Toughness	Love	Lawful
Maturity	Kindness	Status
Spirituality	Imagination	Sincerity
Humility	Cleanliness	Respect
Fun	Focus	Fearless
Quality	Purpose	Simplicity
Self-reliance	Growth	Resilience

Part 2. Now reflecting on the values, how are you living that each value right now, this week? Please score yourself out of 5 for each value. For example 1/5, I am not living in line with that value to 5/5 I'm living in line with that value.

Part 3. How can you increase your scores by 1 point? How can you change your life, actions to bring more of that core value into my daily/ weekly routine?