

What are your core values? Take a few minutes to circle the 5 words that most important to you.

Add any that are missing: _____

Achievement	Dedication	Partnership
Advancement	Empowerment	Perseverance
Adventure	Encouragement	Personal Growth
Affluence	Fame	Physical Fitness
Authenticity	Family	Power
Authority	Financial Security	Recognition
Autonomy	Fun	Relationship
Balance	Guidance	Respect
Beauty	Happiness	Responsibility
Belonging	Health	Risk
Calm	Honesty	Security
Candor	Humor	Sensuality
Challenge	Independence	Spirituality
Change	Influence	Stability
Clarity	Inner Harmony	Status
Collaboration	Integrity	Thoughtfulness
Commitment	Intelligence	Trust
Community	Intimacy	Truth
Competence	Justice	Unity
Competition	Knowledge	Vision
Contribution	Loyalty	Vitality
Courage	Mastery	Wealth
Creativity	Orderliness	Wisdom

List 5 high points in your life - 5 peak experiences that made you feel really wonderful.

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

What are the qualities or characteristics of each high point that made you feel so wonderful? (e.g. fulfillment, etc.) Please be as specific as possible.

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

List 5 of your 'hot buttons' - situations or attitudes that really aggravate you.

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

What are the qualities or characteristics of each 'hot button' that make you feel so aggravated?

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

Based on your review of the last 4 questions, what would you say are your one or two CORE VALUES?

1. _____
2. _____

What must change in order for these CORE VALUES to be honored more fully in your life?
