

Identifying Personal Core Values

Consider the following questions. How could these questions help you in identifying your thoughts, feelings, values, beliefs, priorities?

1. What are my most redeeming qualities?
2. What are my weaknesses?
3. What am I doing to network and build alliances?
4. What do I enjoy most?
5. How can I shape my career goals around what I enjoy?
6. What is one accomplishment I must make in my life?
7. How could I correct or compensate for my weaknesses to ensure accomplishment of my long-term goals?
8. How does my faith shape my sense of identity?
9. What previous experiences or education will help me arrive at my desired destination?
10. How can my present job situation serve as a steppingstone toward my destination?
11. What will a perfect day look like when I have arrived at my destination?
12. Who might assist me on my journey?
13. What kind of people will I spend time with when I have arrived?
14. In five or less sentences; how will I know when I've arrived?
15. How does my faith shape my destiny?
16. What are my moral absolutes?
17. How do I define right from wrong?
18. How would I define my work ethics?
19. What values will help me build strong relationships?

Source: <http://www.charlesspeaks.com/articles/5ValuesforLifelongSuccess.asp>

Personal Values Questionnaire

The following is a list (obviously not inclusive) of items often identified as personal values. You may add items if your values are not listed.

Rating system: 1 = definitely not important; 2 = not important; 3 = somewhat important; 4 = important; 5 = very important

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|-----------------------------------|---|---|---|---|---|
| 1. Fairness | 1 | 2 | 3 | 4 | 5 |
| 2. Honesty | 1 | 2 | 3 | 4 | 5 |
| 3. Tolerance | 1 | 2 | 3 | 4 | 5 |
| 4. Courage | 1 | 2 | 3 | 4 | 5 |
| 5. Integrity | 1 | 2 | 3 | 4 | 5 |
| 6. Forgiveness | 1 | 2 | 3 | 4 | 5 |
| 7. Peace | 1 | 2 | 3 | 4 | 5 |
| 8. Environment | 1 | 2 | 3 | 4 | 5 |
| 9. Challenge | 1 | 2 | 3 | 4 | 5 |
| 10. Self-Acceptance, Self-Respect | 1 | 2 | 3 | 4 | 5 |
| 11. Knowledge | 1 | 2 | 3 | 4 | 5 |
| 12. Adventure | 1 | 2 | 3 | 4 | 5 |
| 13. Creativity | 1 | 2 | 3 | 4 | 5 |
| 14. Personal Growth | 1 | 2 | 3 | 4 | 5 |
| 15. Inner Harmony | 1 | 2 | 3 | 4 | 5 |
| 16. Spiritual Growth | 1 | 2 | 3 | 4 | 5 |
| 17. Belonging, Connected | 1 | 2 | 3 | 4 | 5 |
| 18. Diplomacy | 1 | 2 | 3 | 4 | 5 |
| 19. Teamwork | 1 | 2 | 3 | 4 | 5 |
| 20. Helping | 1 | 2 | 3 | 4 | 5 |
| 21. Communication | 1 | 2 | 3 | 4 | 5 |
| 22. Friendship | 1 | 2 | 3 | 4 | 5 |
| 23. Consensus | 1 | 2 | 3 | 4 | 5 |
| 24. Respectfulness | 1 | 2 | 3 | 4 | 5 |
| 25. Tradition | 1 | 2 | 3 | 4 | 5 |

26. Security	1	2	3	4	5
27. Stability	1	2	3	4	5
28. Neatness	1	2	3	4	5
29. Self-control	1	2	3	4	5
30. Perseverance	1	2	3	4	5
31. Rationality	1	2	3	4	5
32. Health	1	2	3	4	5
33. Pleasure, Play	1	2	3	4	5
34. Excellence	1	2	3	4	5
35. Prosperity	1	2	3	4	5
36. Family	1	2	3	4	5
37. Appearance	1	2	3	4	5
38. Intimacy	1	2	3	4	5
39. Beauty, Good looks	1	2	3	4	5
40. Community	1	2	3	4	5
41. Competence	1	2	3	4	5
42. Achievement	1	2	3	4	5
43. God	1	2	3	4	5
44. Intellectual Status	1	2	3	4	5
45. Recognition	1	2	3	4	5
46. Authority	1	2	3	4	5
47. Power	1	2	3	4	5
48. Competition	1	2	3	4	5
49. College degree	1	2	3	4	5
50. Persistence	1	2	3	4	5

Please review your work and select the top 5 items that represent your personal core values.

- 1.
- 2.
- 3.
- 4.
- 5.