



Worksheet:
Personal Core Values Worksheet

The following questions can help you clarify your personal core values:

1. What do you love to do? What comes easily and naturally for you?

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2. What feels amazing when you do it?

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3. What do you have a genuine curiosity for? What do you love to research or explore?

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4. What are you compelled to do? What can you not resist doing? What do you have difficulty leaving alone once you have started?

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5. When you go to a bookstore, what section do you spend most of your time exploring?

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6. When was the last time that you were engaged in an activity that that made you feel as if time were flying by, or made you lose track of time?

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7. Where does your mind go to when it wanders?

If your mind continues to go to specific daydreams (you are traveling someplace exotic, or you are working with clients, or you have just had a prestigious publisher accept your book proposal...) then what core values are being identified here.

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Create a list of all the concepts from Worksheet 3 The Personal Core Values List that either you connect with intuitively, or are the result of answering the above questions. This process will likely result in a rather long list of personal core values. The next step is to reduce this list to no more than 5 or 6 values. Each value in this final list should be a personal core value that produces a rather strong intuitive connection to for you, or one that produces a strong feeling of joy.

To reduce your list you can:

- Identify and eliminate duplicates. This includes different words that mean the same thing to you.
- Identify and eliminate all words that do not resonate with your essential self. If you use the body compass, all core values should be +10s on your body compass.
- Look for patterns, identify themes, organize your list of core values to group words that are clearly associated in meaning – in what they mean to you!!



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- For each personal core value, you should be able to write a few sentences or paragraphs about what that personal core value really, deeply, truly means to you; how this personal core value is showing up in your life; how you want this personal core value to show up in your life.
- This will give you a really good head start on how to bring these personal core values into your life.

Things to keep in mind when identifying your personal core values:

1. You are looking for a deeply felt, almost intuitive reaction towards the concept. That deep reaction indicates that you are connecting with your essential self, and not your social self.
2. Your personal core values should elicit a feeling of easy and lightness and flow when you think about them. If they feel heavy or 'needy' or harsh or as if they are 'pushing' you towards something, then these are likely to be 'social self' values not 'essential self' core values
3. If you identify personal core values based on feeling like you should be selecting a specific personal core value, then perhaps this is a social-self core value, and not an essential self core value – for example, if you identify 'family' as one of your personal core values because you have children and love spending time with them, then you really need to explore what 'family' means to you, personally.
4. Core values remain consistent throughout your life. Desires and feelings will change throughout your lifetime depending on your circumstances and where you are in your life. If you are not sure if you are identifying a core value or a need or a feeling, then ask yourself how that concept has shown up in your life over the years and how you can see that concept showing up in your life 10 to 20 years into the future. So, if the basic concept remains unchanged through your life (adventure) then that concept is one of your essential self, personal core values.