

the
CORE VALUE
CLARITY
WORKBOOK

a workbook from



Merie Burton Psychotherapy and Counselling

the CORE VALUE CLARITY WORKSHEET

Knowing our true core values empowers us to live a life of integrity in which our goals and actions align with our beliefs and values. This worksheet will help you to reveal your real core values, how they relate and when they collide so that you can successfully integrate them into your life.

STEP #1

Read through all these values and check all that are important to you:

<ul style="list-style-type: none">• Abundance• Advancement• Adventure• Affection• Appreciation• Balance• Be True• Beauty• Career• Caring• Change• Change• Charisma• Clarity• Commonality• Communication• Compassion• Connection• Contentment• Contributing• Cooperation• Courage• Creativity• Diversity• Effectiveness• Encouragement• Endurance• Enjoyment• Entertain• Entrepreneurial• Excellence• Excitement• Facilitation• Faith• Fame• Family	<ul style="list-style-type: none">• Finances• Fitness• Forgiveness• Forgiveness• Freedom• Friendship• Friendship/Relationship• Fun• Fun-Loving• Generosity• Giving People a Chance• Goodness• Grace• Gratitude• Happiness• Harmony• Home• Honesty• Humanity• Humor• Innovation• Integrity• Intelligence• Invention• Involvement• Joy/Play• Justice• Kindness• Knowledge• Leadership• Learning• Love• Love of Career• Loyalty• Openness• Order	<ul style="list-style-type: none">• Patience• Patience• Peace• Personal Development• Power• Pride in Your Work• Professionalism• Prosperity• Quality• Reciprocity• Relationship• Religion• Renewal• Respect• Respect• Security• Self-Respect• Speed• Spiritualism• Strength• Success• Teamwork• Trusting Your Gut• Wealth• Wellness• Willingness• Wisdom• Work Hard
---	--	--

STEP #2

Write them down here in the left column. Now read through them again and decide what 6 values are most important to you:

<i>All values I checked</i>	<i>My top 6</i>

STEP #3

Write down what each of these values mean to you and why they are important:

<i>My top 6</i>	<i>What they mean, why they are important and how they show in your life:</i>

STEP #4

Do all of your top 6 values integrate well with each other or is there conflict between any of the values?

<i>Top 6 Values</i>	<i>Conflicting Value</i>	<i>Where do these values collide? What is the conflict?</i>

STEP #5

Define your Top 3 Core values.

	<i>Note down value</i>	<i>Because</i>
<i>My #1 priority is</i>		
<i>My #2 priority is</i>		
<i>My #3 priority is</i>		

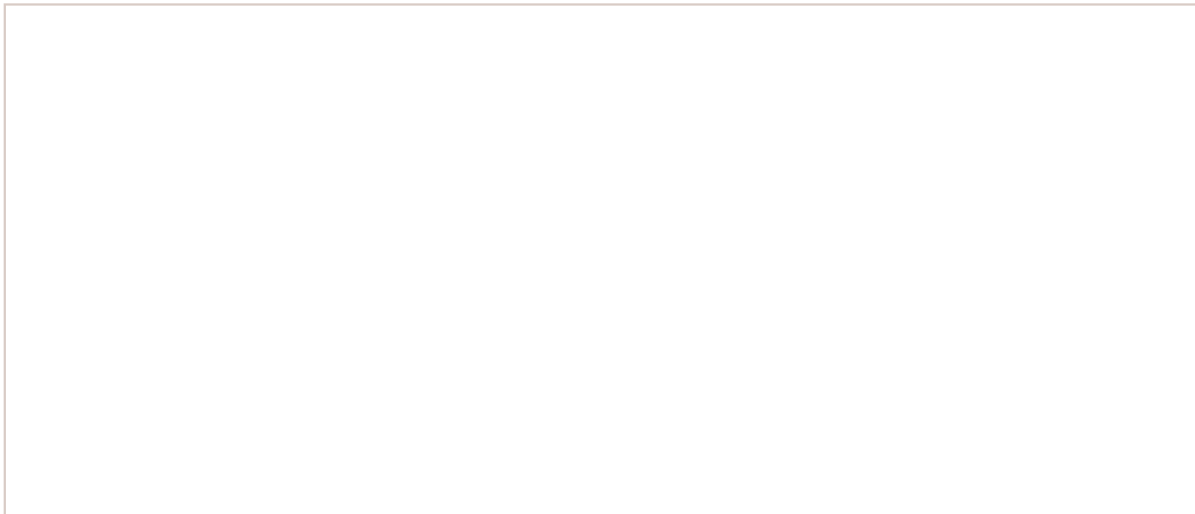
STEP #6

Now that you know your Top 3 priorities, ask yourself: Does it show in my everyday life that Value (X) is my #1 priority? If not, why is that? How can I infuse this value more in all areas of my life? (Repeat the question with all Top 3 Core Values)



STEP #7

Now that I know my Top 3 Core values and how I want to infuse them more into my everyday life, how can I solve any core value conflict?



STEP #8

Use this template to fill in your core values. Print it out and place it somewhere, where you can see it on a daily basis so that you are always reminded of your core values and can live and make decisions that are in alignment with them.

CORE VALUES



***For resources like this and
more, head to:***

website:

www.merieburton.com.au

podcast:

***Let's Talk: Meaningful Conversations
with Merie Burton***

social media:

Facebook

Instagram

mb