+ CORE VALUES WORKSHEET

THE TEAM TRAINING INSTITUTE

Select and circle 20-25 words from the list below that best represent your core values. You can also write in any values that are missing from this list.

» CORE VALUES LIST

Achievement
Leadership
Advancement/ Promotion
Loyalty
Adventure
Market Position
Challenging Problems
Meaningful Work
Change and Variety
Money
Clear Communication
Nature
Close Relationships
Open and Honest
Cooperation
Order
Community
Influencing Others
Pleasure
Creativity
Power and Authority
Customer Service
Privacy
Decisiveness
Public Service
Democracy
Persistence
Self-Motivation
Knowledge
Humour
Economic Security
Quality Relationships
Effectiveness
Recognition
Ethical Practice
Wisdom
Work Under Pressure
Integrity
Work with Others
Involvement
Working Alone
Expertise
Stability
Security
Excellence
Self-Respect
Excitement
Serenity
Physical Challenge
Competition
Financial Gain
Personal Development
Competence
Independence
Status
Freedom
Supervising Others
Friendships
Teamwork
Growth
Time Freedom
Helping Society
Truth
Honesty
Wealth

Narrow your selection above, by grouping like values together into 5 groups and writing them in the spaces below. Group together values that have a similar meaning to you, that you feel fit easily together.

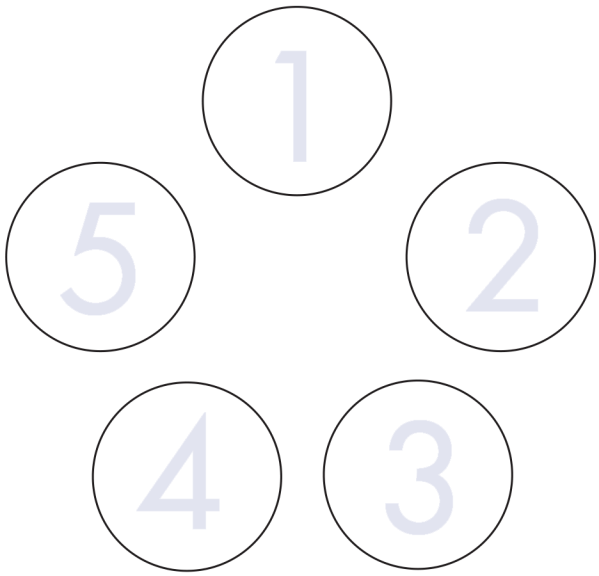
» CORE VALUES GROUPING

1	2	3	4	5
GROUP NAME	GROUP NAME	GROUP NAME	GROUP NAME	GROUP NAME

Choose one of the values included in the group, or a word that you feel best encompasses the meaning of the entire group, to be the group's name. These are your Top 5 Core Values.

The Core Values Ranking process involves comparing each of your core values to one another. Start by transferring your Top 5 Core Values into the circles below.

» CORE VALUES RANKING



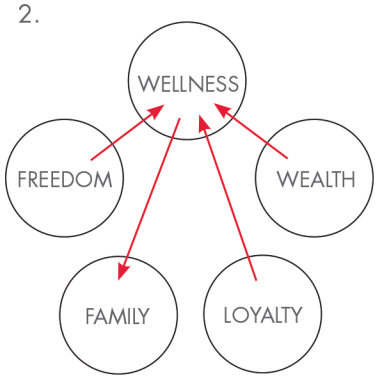
1. Compare the value you've placed in circle 1, to the value in circle 2. Which of these two things is most important to you? Is one of them necessary in order for the other to exist? Draw an arrow from one circle to the other, with the head of the arrow pointing towards the value that is most important to you.
2. Continue by comparing the value in circle 1 to the values in circles 3 through 5, drawing an arrow toward whichever one of the two is your most important value in each case.
3. Working clockwise, move to comparing the value in circle 2 to each of the values in circles 3 through 5, then the value in circle 3 to values 4 and 5, and so on, until each of your values has been compared to the 4 others, with an arrow pointing toward the most important one in each case.
4. Count the number of arrows that point to each value circle. The value with the most arrows pointing to it is your top value; the one with the second highest number of arrows pointing to it is your second strongest value and so on.

EXAMPLES:

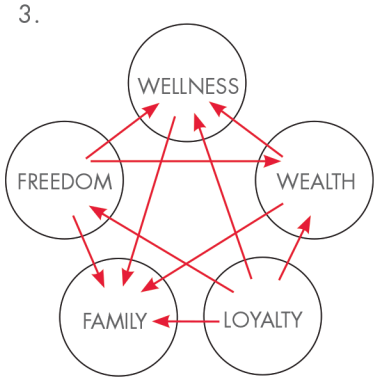
1. For example, if, for you, wealth is not important if you don't have wellness, you would draw your arrow pointing towards wellness.



2.



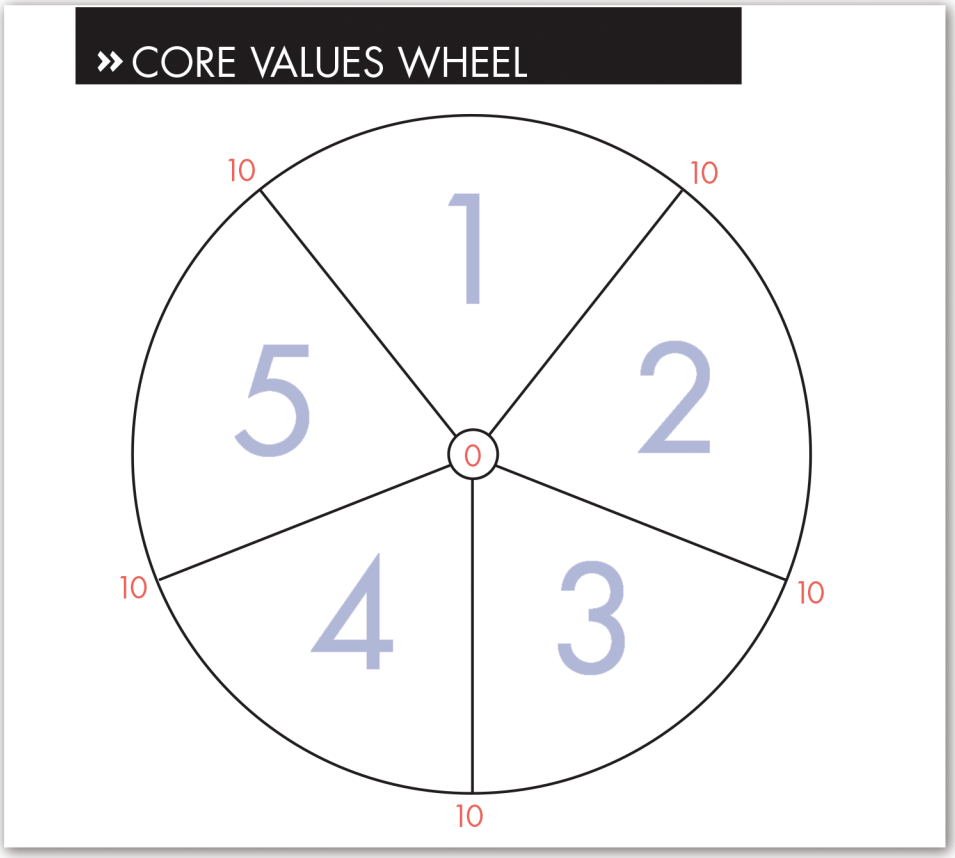
3.



List your Top 5 Core Values in their ranked order here:

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

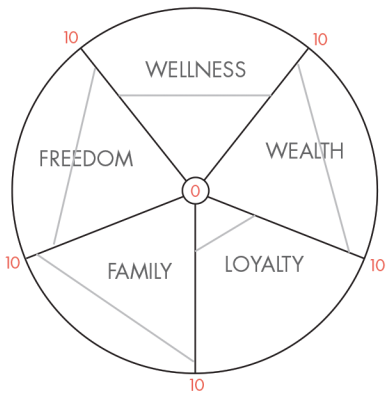
Write each of your Top 5 Core Values in one section of the Values Wheel below.



1. For each value, rate how well you are currently living that value, by drawing a straight line between 1 and 10 in each section.
   - If you are fully living the value to it's limit, it will be a 10.
   - If you are only living the value some of the time, it might be a 5.
   - If your life is totally out of alignment with respect to the value, it will likely be less than 5.

EXAMPLES:

1.

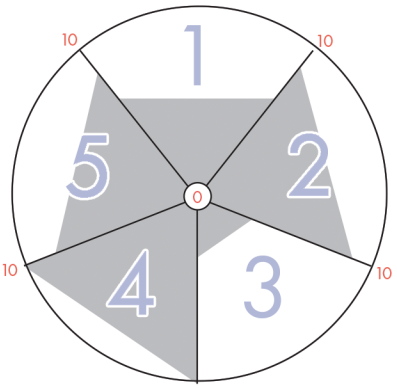


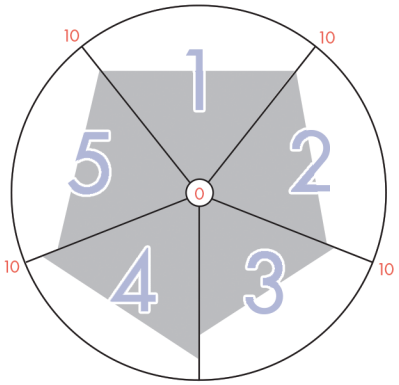
2. Once you have rated each value, you will have created a "wheel".

- An uneven, bumpy wheel indicates that you are not living each of your Top 5 core values equally. Much like it would on a car, a bumpy, uneven values wheel will likely make for an uncomfortable ride, slowing forward motion, and never feeling quite right. It's difficult to move forward in life if their wheels are off balance.

- A smooth, even wheel will make it easier to move forward, and will make for a smoother, more comfortable ride. Keep in mind that an even wheel at 10 will move more quickly, cover more ground, and provide a smoother ride than a wheel that is even at 5 will.

2.





» INSIGHTS

What insights can you derive from your Core Values Wheel?

What might you start to do differently as a result of this experience, to bring your day-to-day activities into alignment with your core values?