

CORE VALUE'S WORKSHEET

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Aries:

{March 21 - April 20}

adventurous
energetic
courageous
independent
dynamic

Hey girlfriend!

This worksheet is made to help you towards finding your guiding principles for your life and work. Look at this list of value words below, and select your top 4-5 for your personal and professional life. Feel free to add your own that aren't listed! What are values? Our values are a set of beliefs and qualities that we strive to live by. When we live by our values, our external actions align with our internal qualities and beliefs. This exercise has helped me tremendously and I hope it helps you too!

Warmly,

Drew

Ability	Balance	Clarity
Abundance	Beauty	Classy
Acceptance	Being-ness	Cleanliness
Accomplishment	Belongingness	Cleverness
Achievement	Blissfulness	Closeness
Acknowledgement	Boldness	Comfort
Adaptability	Bravery	Commitment
Adequacy	Brilliance	Compassion
Adventure	Calmness	Completion
Affection	Capability	Confidence
Affluence	Care	Connection
Aliveness	Carefulness	Consciousness
Ambition	Certainty	Consistency
Appreciation	Challenge	Contentment
Approachability	Charity	Contribution
Assertiveness	Charm	Control
Audacity	Cheerfulness	Courage

Creativity	Endurance	Flow
Curiosity	Energy	Freedom
Daring	Enjoyment	Friendliness
Decisiveness	Enlightenment	Frugality
Deepness	Entertainment	Fun
Dependability	Enthusiasm	Generosity
Depth	Exactness	Giving
Desire	Excellence	Grace
Determination	Excitement	Gratefulness
Devotion	Exhilaration	Gratitude
Dignity	Expectancy	Growth
Diligence	Expediency	Guidance
Direction	Experience	Happiness
Directness	Expertise	Harmony
Discipline	Exploration	Helpfulness
Discovery	Expressiveness	Honesty
Diversity	Extravagance	Honor
Dreaming	Extroversion	Hopefulness
Drive	Exuberance	Hospitality
Eagerness	Faith	Humility
Effectiveness	Fame	Humor
Efficiency	Fascination	Impeccability
Empathy	Fearlessness	Independence
Encouragement	Flexibility	Ingenuity

Inquisitiveness

Insightfulness

Inspiration

Instinctiveness

Integrity

Intelligence

Intensity

Intimacy

Intuition

Intuitiveness

Joy

Kindness

Knowledgeable

Leadership

Learning

Liberation

Liveliness

Love

Loyalty

Maturity

Meekness

Mindfulness

Moderation

Modesty

Motivation

Mysteriousness

Peacefulness

Perceptiveness

Perfection

Perseverance

Persistence

Philanthropy

Pleasure

Plentiful-ness

Poise

Polish

Popularity

Practicality

Prosperity

Purity

Qualification

Quietness

Quickness

Realism

Sacredness

Sacrifice

Satisfaction

Security

Self-control

Selflessness

Self-realization

Self-reliance

Sensuality

Serenity

Service

Simplicity

Sincerity

Skillfulness

Sophistication

Solitude

Spirituality

Spontaneity

Stability

Stillness

Strength

Structure

Substantiality

Success

Sufficiency

Support

Teamwork

Thankfulness

Thoughtfulness

Tidiness

Traditionalism

Tranquility

Transcendence

Trust

Trustworthiness

Truth

Unity

Usefulness

Virtue

Vision

Vitality

Warmth

Watchfulness

Wealth

Wholesomeness

Willfulness

Willingness

Wisdom

Wonder

Worthiness

Zeal

Zest

ACTION STEP:

List your Values and how you define them below. What do they mean to you?