

Therapist Name:

# Core Values Worksheet

Client Name:

Date:

Knowing your core values is important because it helps us be aware of what is important to us, take action, and have a direction to move towards. Click the check mark indicating how important each value is to you in your life.

Value	Description	Not Important	Somewhat Important	Very Important
Acceptance	To be open and accept yourself and others.			
Accuracy	To be accurate in opinions and in communication.			
Achievement	To accomplish important accomplishments or milestones in your life.			
Adventure	To regularly have exciting experiences in your life.			
Assertiveness	To openly be able to stand up for myself, my rights, and what I want or need.			
Attractiveness	To be physically attractive.			
Authenticity	To be real, genuine, and true to yourself.			
Authority	To be in a position of power over others.			
Beauty	To appreciate, create, nurture, or cultivate beautiful in myself, others, or in the world.			
Caring	To take care of others.			
Challenge	To keep growing, learning, and improving in life.			
Change	To experience a life full of new experiences.			
Comfort	To have a comfortable and pleasant life.			
Community	To experience a sense of belonging.			
Compassion	To feel or act on concern or care for others in need.			

<b>Value</b>	<b>Description</b>	<b>Not Important</b>	<b>Somewhat Important</b>	<b>Very Important</b>
Connection	To experience fullness in activities and be fully present in what I'm doing and who I'm with.			
Contribution	To make lasting contributions in the world that make a difference.			
Conformity	To be respectful to the rules and obligations in various areas of life.			
Cooperation	To be a "team player" and work nicely with others.			
Courage	To be brave and face fear, threats, and trials without backing down.			
Creativity	To be able to create and express your unique ideas and talents.			
Curiosity	To have a sense of open-mindedness to the unknown and an interest in exploring the unknown.			
Dependability	To be dependable, reliable, and trustworthy.			
Encouragement	To encourage myself and others for behavior that I value.			
Equality	To treat others as equal to myself.			
Excitement	To seek out activities I find enthralling			
Fairness	To be fair to myself and others.			
Faithfulness	To be loyal to myself and others.			
Fame	To be seen and recognized.			
Family	To have a happy, caring, loving family.			
Fitness	To be physically fit, strong, and enjoy the benefits.			
Flexibility	To be able to adapt to new circumstances easily.			
Freedom	To behave and live how you want to.			
Friendliness	To be agreeable with others.			

<b>Value</b>	<b>Description</b>	<b>Not Important</b>	<b>Somewhat Important</b>	<b>Very Important</b>
Forgiveness	To be forgiving of yourself and others.			
Fun	To enjoy a life of fun and play.			
Generosity	To be giving to others.			
God's will	To seek and obey the will of God.			
Gratitude	To experience a life of thankfulness.			
Growth	To be growing and changing in many facets of your life.			
Hard-working	To be committed to work with diligence and excellence.			
Health	To be physically, mentally, socially, and spiritually healthy.			
Honesty	To be truthful to yourself and others.			
Hope	To have a positive outlook on life.			
Humility	To be humble and modest.			
Humor	To see the funny side of life.			
Independence	To be free from the dependence on others.			
Intimacy	To reveal and open up to important people in your life.			
Justice	To uphold and seek fairness and justice.			
Kindness	To be kind or compassionate to yourself and others.			
Knowledge	To learn and share valuable information.			
Leisure	To have time for fun and relaxation.			
Love	To show care and affection to yourself and others.			

<b>Value</b>	<b>Description</b>	<b>Not Important</b>	<b>Somewhat Important</b>	<b>Very Important</b>
Mastery	To show a high level of competence in areas you work in our care about.			
Mindfulness	To be present in the moment.			
Non-conformity	To challenge authority and the norms we live in.			
Nurturance	To take care and nurture others.			
Order	To live a life and in a society that is organized with established rules and regulations.			
Open-mindedness	To see things from others' points of view and weigh things without bias.			
Passion	To have deep feelings for activities, ideas, or people.			
Patience	To wait calmly for what I want and need.			
Persistence	To continue without stopping for things I want or desire.			
Pleasure	To create or experience pleasure in my life or to give pleasure in others' lives.			
Popularity	To be well-liked by my peers.			
Power	To be in control of people, processes, or things.			
Purpose	To have a sense of direction in my life.			
Rationality	To be level-headed and to be guided by reason and logic.			
Reciprocity	To give and take equally.			
Respect	To be polite and considerate to others, and to receive the same treatment back.			
Responsibility	To be accountable for my actions.			
Risk	To take changes in life.			
Romance	To have exciting love in my life.			

<b>Value</b>	<b>Description</b>	<b>Not Important</b>	<b>Somewhat Important</b>	<b>Very Important</b>
Safety	To feel secure in my life.			
Self-acceptance	To accept myself and all strengths and weaknesses.			
Self-awareness	To be aware of my actions, feelings, and thoughts.			
Self-care	To look after my health and well-being and to make sure my needs are met.			
Self-development	To continually grow and improve in areas I care about.			
Self-control	To contain myself within my own ideals.			
Self-esteem	To see myself as valuable and important.			
Sensuality	To create experiences that ignite all 5 of my senses.			
Service	To live a life of serving others.			
Sexuality	To have an active and satisfactory sex life.			
Skillfulness	To practice and improve my skills and be able to apply them fully when desired.			
Solitude	To have time and space away from others when I need it.			
Spirituality	To connect with forces larger than myself.			
Stability	To have a life that is stable and consistent.			
Supportiveness	To be helpful and available to myself and others in need.			
Tolerance	To accept people who are different from myself.			
Tradition	To practice patterns from my ancestors, family, or country of residence.			
Trust	To be trusting, loyal, faithful, and reliable.			
Wealth	To accumulate more than enough money or riches.			