

Personal Core Values Audit

What are the core values of your life? The following this is just something to get you started in your thinking. These are by no means exhaustive, so feel free to come up with your own.

Remember to ask two questions:

1. Are these true of my life?
2. Will these last?

On the back write down which values you are currently living in one column, which you really believe are important in another column – the things that you think will last.

Achievement	Friendships	Physical challenge
Advancement and promotion	Growth	Pleasure
Adventure	Having a family	Power and authority
Affection (love and caring)	Helping other people	Privacy
Arts	Helping society	Public service
Challenging problems	Honesty	Purity
Change and variety	Independence	Quality of what I take part in
Close relationships	Influencing others	Quality relationships
Community	Inner wholeness	Recognition (respect from others, status)
Competence	Integrity	Religion (knowing God)
Competition	Intellectual status	Reputation
Cooperation	Involvement	Responsibility and accountability
Country (nationalism)	Job tranquility	Security
Creativity	Knowledge	Self-respect
Decisiveness	Leadership	Serenity
Democracy	Location	Sophistication
Ecological awareness	Loyalty	Stability
Economic security	Market position	Status
Effectiveness	Meaningful work	Supervising others
Efficiency	Merit	Time freedom
Ethical practice	Money	Truth
Excellence	Nature	Wealth
Excitement	Order (tranquility, stability, conformity)	Wisdom
Fame	Personal development	Work under pressure
Fast living	Freedom	Work with others
Financial gain	Spiritual maturity (growing in God)	Working alone