

INNERCOMPASS
SOLUTIONS



DISCOVERING YOUR CORE VALUES

WORKBOOK

Introduction

Your values are the principles that guide your decisions, shape your relationships, and influence how you show up in the world. They serve as your InnerCompass, helping you navigate with clarity and alignment.

This worksheet will help you identify and define your five core values. The values list that follows is a guide, not a rulebook add your own if something important to you isn't listed.





DISCOVERING YOUR CORE VALUES

Worksheet

How to Work Through This Worksheet

Review the values list:
Circle or highlight any
that resonate with you.
Add your own as needed.



Reflect: Explore what
your selected values
mean to you and why
they matter.



Prioritize: Narrow your
selections until you arrive
at five core values.



Define & Apply: Clarify
what each value means
in practice and how you
will live it.



DISCOVERING YOUR CORE VALUES

Worksheet

Step 1

Review the Values List

Scan the values list on this page. Circle or highlight any values that resonate with you. Trust your first instincts, don't overthink it. If a value you care about isn't listed, write it in.

ACCOUNTABILITY	DETERMINATION	KINDNESS	SECURITY
ACHIEVEMENT	DIGNITY	KNOWLEDGE	SELF-RELIANCE
ADVENTURE	DISCIPLINE	LEADERSHIP	SPIRITUALITY
AUTHENTICITY	DISCOVERY	LEARNING	STABILITY
AUTONOMY	EMPATHY	LEGACY	STATUS
BALANCE	FAIRNESS	LOVE	STRENGTH
BEAUTY	FAMILY	LOYALTY	SUSTAINABILITY
BELONGING	FRIENDSHIPS	MEANINGFUL WORK	SUCCESS
BOLDNESS	FUN	MINDFULNESS	TEAMWORK
CALM	GRATITUDE	OPENNESS	TOLERANCE
CARING	GROWTH	OPTIMISM	TRANSPARENCY
CHALLENGE	HAPPINESS	PEACE	TRUST
CITIZENSHIP	HARMONY	PERSEVERANCE	TRUTH
CLARITY	HEALTH	PLEASURE	UNDERSTANDING
COLLABORATION	HONESTY	PLAYFULNESS	VITALITY
COMPASSION	HOPE	POISE	VULNERABILITY
COMPETENCY	HUMOR	POPULARITY	WEALTH
CONFIDENCE	IMPACT	POWER	WISDOM
CONNECTION	INCLUSION	RECOGNITION	
CONSISTENCY	INDEPENDENCE	RELIGION	
COURAGE	INTEGRITY	REPUTATION	
CREATIVITY	JOY	RESPECT	
CURIOSITY	JUSTICE	RESPONSIBILITY	



DISCOVERING YOUR CORE VALUES

Worksheet

Step 3

Prioritize

From your reflected list, begin narrowing down. Use a two-pass process to arrive at your five core values.

- **Pass 1:** Reduce your list to 10–15 values that feel essential and nonnegotiable.
- **Pass 2:** From those, choose your Top Five—the values you are committed to living by.

PRIORITY	CORE VALUE
#1	
#2	
#3	
#4	
#5	

Step 4

Define & Apply

For each of your five values, define what it means and decide how you'll live it. Use the prompts below.

- **WHAT DO THESE VALUES MEAN TO YOU PERSONALLY?**



INNERCOMPASS
SOLUTIONS

DISCOVERING YOUR CORE VALUES

Worksheet

Step 5

Apply Across Life Themes

Consider how each value shows up across these areas:

Relationships

(Love, family & Friends)

- HOW DO THESE VALUES SHOW UP HERE?

- WHERE IS THERE ALIGNMENT OR CONFLICT?

Purpose

(Personal growth. spiritual)

- HOW DO THESE VALUES SHOW UP HERE?

- WHERE IS THERE ALIGNMENT OR CONFLICT?



INNERCOMPASS
SOLUTIONS

DISCOVERING YOUR CORE VALUES

Worksheet

Step 5 CONT.

Apply Across Life Themes

Consider how each value shows up across these areas:

Wellness

(Health, Fun & Recreation)

- HOW DO THESE VALUES SHOW UP HERE?

- WHERE IS THERE ALIGNMENT OR CONFLICT?

Lifestyle

(Physical environment, community involvement)

- HOW DO THESE VALUES SHOW UP HERE?

- WHERE IS THERE ALIGNMENT OR CONFLICT?



INNERCOMPASS
SOLUTIONS

DISCOVERING YOUR CORE VALUES

Worksheet

Step 5 CONT.

Apply Across Life Themes

Consider how each value shows up across these areas:

Professional

(Work, Money/Finance)

- HOW DO THESE VALUES SHOW UP HERE?

- WHERE IS THERE ALIGNMENT OR CONFLICT?

Final Thoughts

(anything that you want to note / other areas you want to document)

DISCOVERING YOUR CORE VALUES

Worksheet

NEXT STEPS

LIVING YOUR VALUES
WITH INTENTION

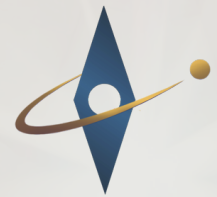
Awareness is the first step. By identifying and reflecting on your core values, you've already begun aligning your life with what matters most.

But awareness alone doesn't create transformation; It's the thoughtful application of your values that brings real change.

Your five core values are more than words on a page. They are your compass, guiding your decisions, shaping your relationships, and helping you move through life with authenticity and purpose.

Keep momentum:

- Keep them visible write your values on a card, in a journal, or as a note on your phone.
- Use them as a filter by asking yourself, Does this align with my values?
- Share them with those you trust to invite accountability and deeper connection.
- Revisit them regularly; life evolves, and so can your priorities.



INNERCOMPASS
SOLUTIONS

DISCOVERING YOUR CORE VALUES

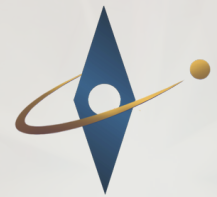
Worksheet

NEXT STEPS

LIVING YOUR VALUES
WITH INTENTION

Living in alignment isn't about perfection. It's about intention. When you make daily choices through the lens of your values, clarity, confidence, and fulfillment naturally follow.

At InnerCompass Solutions, we help individuals bridge the gap between insight and action by exploring how to live their values more fully, navigate decisions with clarity, and lead with authenticity.



INNERCOMPASS
SOLUTIONS

Ready to align now?

SCAN TO BOOK



If you found this worksheet helpful, imagine what could shift with the support of a professional coach who's trained to help you stay true to your **inner compass**.

When you're ready to take the next step, schedule a free discovery call.

Let's explore how executive coaching can help you live and lead in alignment with what matters most.