

Building Your Business on Core Values!



Participant Workbook

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Worksheet A: Finding Your Personal Values

Review the list of values below and circle, checkmark ✓ or **highlight** all that resonate with you:

- | | | |
|-------------------|------------------|-----------------------|
| 1. Accountability | 34. Exploration | 67. Peacefulness |
| 2. Awareness | 35. Fairness | 68. Persuasiveness |
| 3. Balance | 36. Faith | 69. Professionalism |
| 4. Beauty | 37. Flexibility | 70. Reason (or Logic) |
| 5. Boldness | 38. Focus | 71. Resilience |
| 6. Calmness | 39. Freedom | 72. Respect |
| 7. Cleanliness | 40. Frugality | 73. Sacrifice |
| 8. Closeness | 41. Fun | 74. Security |
| 9. Commitment | 42. Generosity | 75. Sensitivity |
| 10. Compassion | 43. Gratitude | 76. Sensuality |
| 11. Confidence | 44. Growth | 77. Serenity |
| 12. Connection | 45. Happiness | 78. Significance |
| 13. Consciousness | 46. Health | 79. Simplicity |
| 14. Contentment | 47. Honesty | 80. Sincerity |
| 15. Cooperation | 48. Hopefulness | 81. Spirituality |
| 16. Courage | 49. Humility | 82. Stability |
| 17. Creativity | 50. Humour | 83. Strength |
| 18. Decisiveness | 51. Integrity | 84. Structure |
| 19. Determination | 52. Intimacy | 85. Success |
| 20. Dependability | 53. Intuition | 86. Support |
| 21. Dignity | 54. Kindness | 87. Sympathy |
| 22. Diligence | 55. Leadership | 88. Thoughtfulness |
| 23. Discipline | 56. Learning | 89. Thrift |
| 24. Discovery | 57. Love | 90. Timeliness |
| 25. Diversity | 58. Loyalty | 91. Trust |
| 26. Duty | 59. Mindfulness | 92. Understanding |
| 27. Education | 60. Moderation | 93. Uniqueness |
| 28. Effectiveness | 61. Motivation | 94. Usefulness |
| 29. Empathy | 62. Openness | 95. Virtue |
| 30. Encouragement | 63. Optimism | 96. Vision |
| 31. Excellence | 64. Organization | 97. Warmth |
| 32. Experience | 65. Originality | 98. Wealth |
| 33. Expertise | 66. Passion | 99. Wisdom |

Worksheet B: Defining Core Values

Now that you have selected all the values that resonate with you, group similar values together in the boxes below and create a value title for each group.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

Worksheet C: Values Statement

My top three values are:

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

Value statement:

Click or tap here to enter text.