CLARIFYING YOUR CORE VALUES

Wisdom Works
Thriving leaders. Thriving organizations. Thriving amplified.™

Your values are often present long before you name them—they show up in the moments when you feel most alive, most stretched, or most true to yourself. **Use this worksheet to explore those moments with curiosity and reveal the patterns that guide how you lead.** When you're clear about what matters most, you naturally bring more integrity, steadiness, and thriving to your life and leadership.

STEP 1: **LEARN FROM THE PEAKS**	Think of a time in your life or work when you felt high thriving—most alive, fulfilled, or proud. Bring to mind who was involved, what was happening, and why this moment feels meaningful. **ANSWER:** *What values do you believe you demonstrated during this time?*
STEP 2: **LEARN FROM THE PITS**	Think of a time when your thriving was low—you felt angry, frustrated, or deeply disappointed. Bring to mind what triggered this reaction, what was happening, and how you felt. **ANSWER**: What values do you feel were being violated or ignored during this time?
STEP 3: **IDENTIFY POTENTIAL CORE VALUES**	Compare your lists from the peak and pit times. See which words, themes, or values repeat or feel most important. **WRITE OUT**: The potential core values...
STEP 4: **CHOOSE 3-5 CORE VALUES**	Circle the values from your list of potential ones that feel non-negotiable, the ones you most want to live by—**no matter what.** **WRITE OUT**: My top 3-5 core values...

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GETTING CLEAR ON YOUR VALUES

STEP 5: **REFLECT ON YOUR LIFE & LEADERSHIP**	Ask yourself: • Where am I living in alignment my values today? • Where might I be compromising my values today? • How might I proactively use my values to guide decisions and thrive in my life and work? **REFLECTIONS:**

As you identify your core values, let them become touchstones you return to in your daily choices and relationships. These insights aren't just personal—they shape the way you influence, connect, and create an environment where people can do their best work and *thrive*.

When leaders honor their core values, they tap into a deeper source of clarity and energy—one that helps them navigate complexity with purpose and helps others rise with them.

—RENEE MOOREFIELD, CEO, WISDOM WORKS GROUP

ABOUT WISDOM WORKS GROUP

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