

Fulfillment Framework

Core Values

A saner approach to success
that helps you focus on what
and who matter most



Core VALUES

Your core values are a compass that will help guide your decisions and support you to live a life with purpose.

Here's how to use the Core Values exercise:

1. Start by scanning the list (on the next page) without taking any action.
2. Go back through the list and cross off all that don't resonate with you and circle any that feel in alignment with who you are.
3. If there's a value that you feel is missing, feel free to add it.
4. Choose your top 3 values by reviewing your shortlist and crossing any off that no longer resonate.

If you're having difficulty narrowing your values down to three, identify the ones that have a similar meaning to you, and create a list.

Decide which one on this list 'feels' better and go with that one.

Remember, nothing is written in stone, so you may choose to 'spend time' with a value and decide it's not the perfect one.

We will be discussing this exercise during the workshop to help clarify your Core Values.



Core VALUES

Authenticity	Adventure	Autonomy	Balance
Commitment	Compassion	Concern for others	Courage
Community	Creativity	Emotional Health	Empathy
Equality	Excellence	Fairness	Family
Financial Security	Freedom	Friendship	Fulfillment
Fun/Laughter	Generosity	Getting Ahead	Genuine
Happiness	Harmony	Health	Honesty
Humor	Independence	Inner Harmony	Innovation
Integrity	Intimacy	Inventing	Kindness
Knowledge	Leadership	Learning/Education	Loyalty
Mastery/Excellence	Nature	Nurturing	Openness
Opportunity	Orderliness	Peace	Perseverance
Personal Growth	Play/Playfulness	Power	Privacy/Solitude
Quality	Reliability	Respect	Responsibility
Risk Taking	Romance/Magic	Safety/Security	Self-Care
Self-Control	Self-Esteem	Self-Respect	Serenity
Service/Contribution	Simplicity	Spiritual Dev.	Spirituality
Spontaneity	Strength	Synergy	Trust
Truth	Uniqueness	Wealth	Wisdom



Core VALUES

Journal on these questions after clarifying each of your values:

- Describe three behaviors to support each of your values
- Where is this value showing up in my life?
- How do I embody this value in my choices and actions each day?
- What one boundary if put in place would help me honor my Core Values?

Keep track weekly/monthly of how you're honoring each of these values. On a scale of 1-10 (with ten being the most), what are the activities or behaviors that are either supporting your Core Values or getting in the way of you living your values?

When you find that you're not honoring your most important values, ask:

- What's the price I'm paying for not honoring this value?

