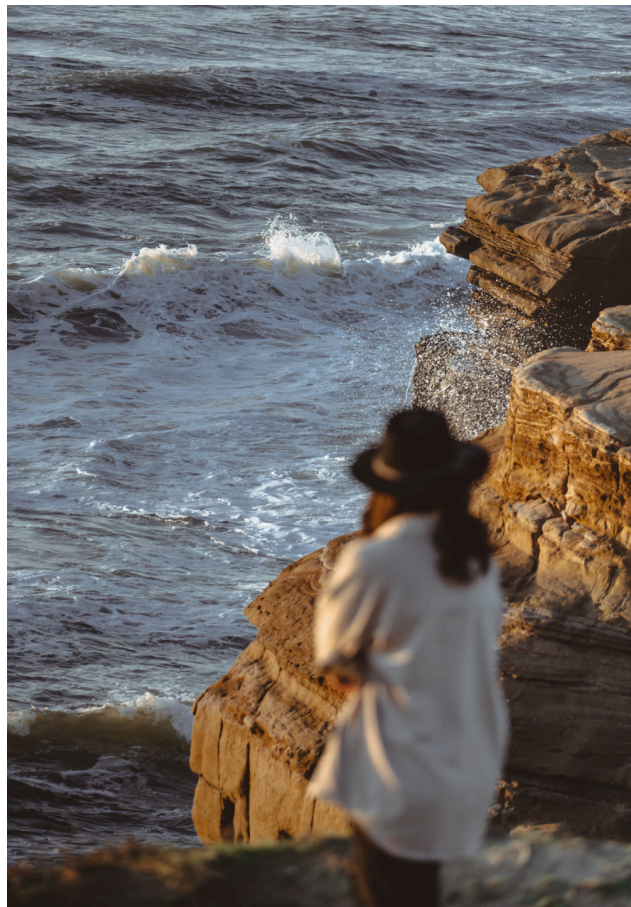
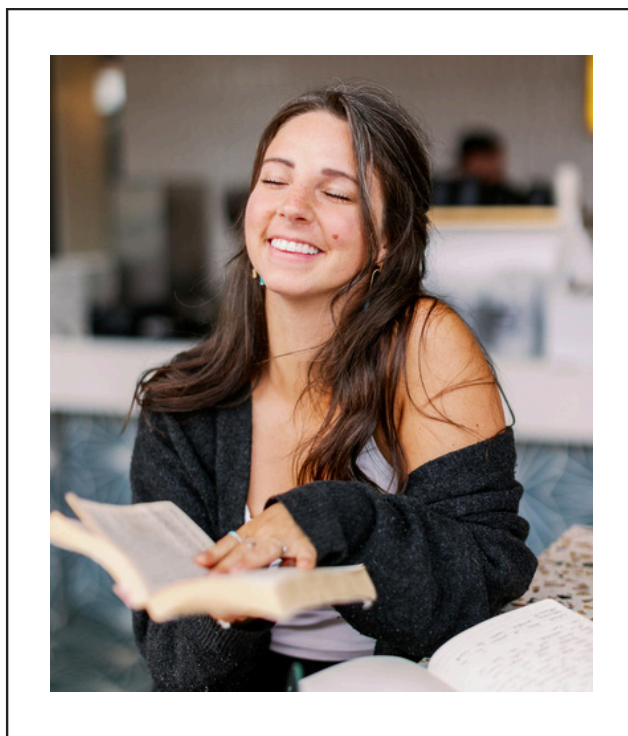




Core Values Workbook



Written By Rachel Anne Randolph



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My name is Rachel! I'm a communication coach for overwhelmed professionals who struggle clearly conveying their thoughts and feelings. My work focuses on leveraging self-awareness, emotional intelligence, positive inner dialogue, and developing practical yet impactful interpersonal skills.

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About the Process

Use this workbook to discover and strengthen your core values as your internal locus of control, direction, and guidance.

Core values are at the heart of why you do anything and everything. But this cannot be defined by anything external. Identify your core values, how YOU define them, and score them 1-5 in the level of importance in your life. Use the core value bank to get ideas of common core values.

When you know what's at your core, you create guidance and direction for yourself from the inside out.

Your thoughts:

Core Values

Word Bank

When you've decided on your main core values, this will help you identify how to guide yourself through life.

Caring
Authenticity
Optimism
Patience
Connection
Sacrifice
Integrity
Hope
Gratitude
Honesty

Friendship
Forgiveness
Effort
Cooperation
Dedication
Commitment
Belief in Others
Patience
Vision
Devotion

Unity
Wisdom
Trust
Creativity
Adventure
Beauty
Nature
Self-awareness
Mindfulness
Communication

What are some other core values you will add to this list?

Core Values
Elicitation

core value	how do you define it	level of importance to you
Example: Authenticity	congruency between my thoughts, beliefs, actions, words	authenticity is the most important to me, it is my guide and core belief

Notes:

core values

Integration



What values do you want to incorporate more of?

.....



What do you value in your closest relationships?

.....



What do you look for in a new relationship?

.....



Do you know how to identify core values in others?

.....



How can you use this information to guide your current and future decisions?

.....

core values

Daily Journal

Dates :

Mood :

values of the day

-
-
-
-
-
-
-

values to work on

-
-
-
-
-
-
-



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Need more insight & support?

Let's connect!

If you liked this process and want more support, I create custom programs for individuals to live out of their values and priorities! Connect with me at

hello@thespecmethod.com