

Core Values and Essential Intentions Worksheet

I. Clarify Your Values

From the following list of values, indicate how important each one is to you.

Values	Not Important	Important	Extremely Important
Achievement/Accomplishment	_____	_____	_____
Adventure/Excitement	_____	_____	_____
Aesthetics/Beauty	_____	_____	_____
Altruism/Generosity/Sharing	_____	_____	_____
Autonomy/Independence	_____	_____	_____
Equanimity/Emotional Well-being	_____	_____	_____
Courage	_____	_____	_____
Compassion	_____	_____	_____
Creativity/Creative Expression	_____	_____	_____
Effort/Hard Work/Productivity	_____	_____	_____
Emotional Security/Confidence	_____	_____	_____
Emotional Intelligence/Maturity	_____	_____	_____
Determination/Persistence	_____	_____	_____
Family Life/Relationships	_____	_____	_____
Feeling of Choice/Inner Authority	_____	_____	_____
Friendship	_____	_____	_____
Health	_____	_____	_____
Honesty	_____	_____	_____
Humility/Modesty	_____	_____	_____
Justice/Fairness	_____	_____	_____
Kindness	_____	_____	_____
Knowledge/Love of Learning	_____	_____	_____
Love	_____	_____	_____
Loyalty	_____	_____	_____
Morality	_____	_____	_____
Open Heart	_____	_____	_____

Values	Not Important	Important	Extremely Important
Open Mindedness/Curiosity	_____	_____	_____
Patience	_____	_____	_____
Pleasure	_____	_____	_____
Power	_____	_____	_____
Recognition/Praise	_____	_____	_____
Security/Safety	_____	_____	_____
Self Discipline	_____	_____	_____
Skill/Mastery	_____	_____	_____
Spirituality/Religion	_____	_____	_____
Trust/Trustworthiness	_____	_____	_____
Wealth	_____	_____	_____
Wisdom/Insight	_____	_____	_____

Now, choose five of the values you have marked as “Extremely Important.” These will comprise your **core values**. List them here:

My core values are _____
 _____.

II. Identify Your Essential Intentions

From the list of your core values above, develop five essential intentions that you can apply to any situation you encounter in your daily life. You might use some of the values directly as they are or use your own wording. For example, if “kindness” is one of your core values, then an essential intention could be phrased as “I intend to be kind in all my interactions” and if “inner authority” is a core value for you, then one way you might articulate the essential intention is “I intend to value myself and remember that I always have choice.” Remember, intentions always relate to the present moment.

1. _____
2. _____
3. _____
4. _____
5. _____