



Core Values Clarification

Things I love to do exercise...

Adapted from "Values Clarification" by Dr. Sidney Simon with additional content from Dr. Bob Frazer

www.insperoteam.com/corevalues



	Things I love to do:	Rank your Top 5
1		
2		
3		
4		
5		
6		
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18		
19		
20		

Think about the things you love to do. List at least 10 or up to 20 of the things you most love to do.

After listing, rank your top 5.

Transcribe your answers onto page 4 once finished.



Instructions

After you have transcribed your answers from page 2 onto page 4 continue with the following:

If you did the activity in the last 24 hours put a Y in the appropriate column.

If you did the activity in the last week put a W.

If you did the activity in the last month put an M.

If planning is required to do the activity put a PL

If the activity is seasonal put an S.

If the activity requires physical and/or mental energy put an E.

If you prefer to do the activity alone put an A, with others put a P or either put an A-P

If the item was not on your list 5 years ago put an N5.

If it requires money put \$.

Now, re-rank your list based on which 5 activities have the most boxes filled.

How do the two lists compare?

Why are the lists different and how can you bring them together?

Finally, what core value can you attach to each of your top 5 items?

			The last	The last	The last	Planning		Requires	Alone (A)			
	Things I love to do:	Rank your Top 5	24 hours (Y)	week (W)	Month (M)	Required (PL)	Seasonal (S)	Energy (E)	Other People (P)	Not on list	Requires	Re-Rank Top 5
									Either/or (A-P)	5 yrs ago (N5)	Money (\$)	
1												
2												
3												
4												
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My Core Values are:
