

*em*  
ERIN MEADOWS  
COACHING



CORE VALUES  
WORKBOOK



# Core Values

## AN OVERVIEW

Your core values represent the traits, qualities and guiding principles that are deeply important (and often non-negotiable) to you as a human being. Your core values represent your highest priorities and deepest beliefs. Moreover, they direct your decision making. Think of them as your internal GPS system.

### **As you go through this workbook, keep in mind:**

- There is no 'right' or 'wrong' when it comes to your core values.
- There is also no 'right' or 'wrong' when it comes to other people's core values.
- Your core values can change over time. In fact, they most likely will.
- Understanding your core values is an important part of setting boundaries and evaluating situations.
- Honoring your core values will lead to forward momentum in your life.

When you live your core values, you will authentically feel it. The opposite is also true if you ignore a core value. It may not be obvious, but it will feel as if your internal GPS system has a glitch, and this can lead to misdirection - personally and professionally. This workbook will help you identify your core values so you can determine how to best lean into and live them.

# SELECT CORE VALUES

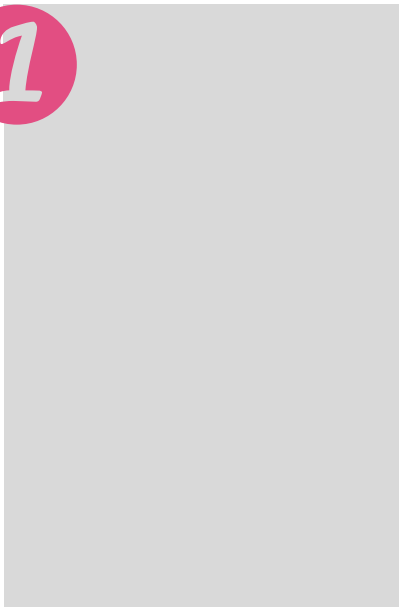
From the list below, circle up to 25 words that resonate most with you as a potential core value. Remember, there are no right or wrong answers, so don't overthink your selections. If you feel that you possess a value that is not represented on the list, feel free to write it in the blank spaces.

Abundance	Inclusiveness	Attractiveness	Compassion
Originality	Creativity	Autonomy	Optimism
Boldness	Humor	Charity	Diversity
Growth	Intelligence	Empathy	Freedom
Accountability	Loyalty	Community	Family
Learning	Caring	Dependability	Health
Humility	Flexibility	Friendships	Power
Innovation	Collaboration	Commitment	Leadership
Love	Intuition	Happiness	Honesty
Peace	Achievement	Fun	Individuality
Appreciation	Joy	Independence	Mindfulness
Privacy	Fairness	Credibility	Success
Recognition	Challenge	Proactive	Motivation
Popularity	Teamwork	Security	Spirituality
Relationships	Stability	Responsibility	_____
Resilience	Advancement	Communication	_____
Acceptance	Simplicity	Professionalism	_____
			_____

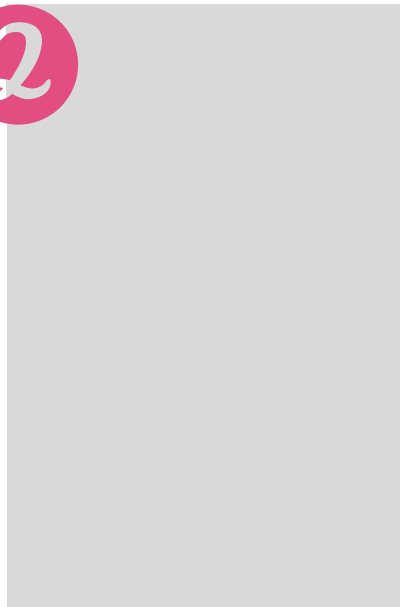
# GROUP & PRIORITIZE

Take the words selected from the previous page and group them into categories that make sense to you. Create no more than 5 categories. For each category, select the **one word** (or write a new one) that describes the theme of that category. These will become your top 5 values. Write this word in the gray box at the top of each category.

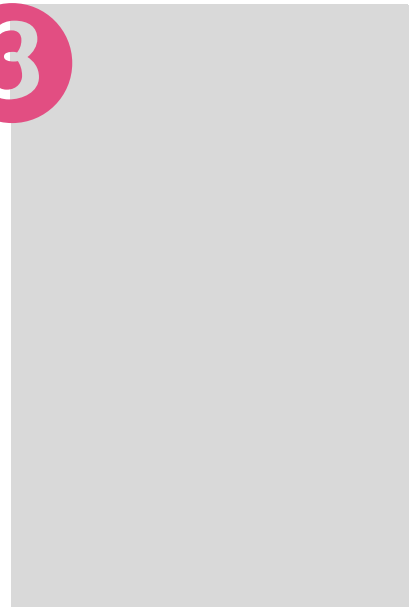
1



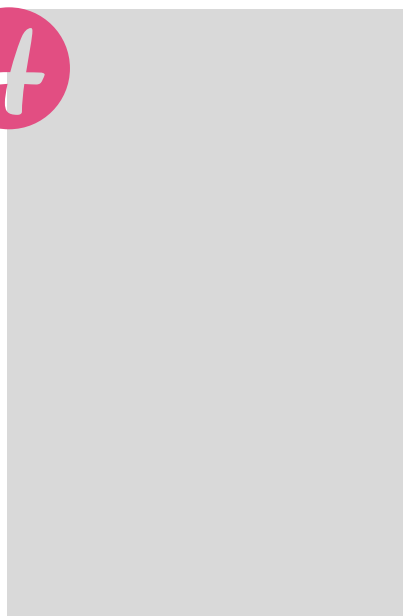
2



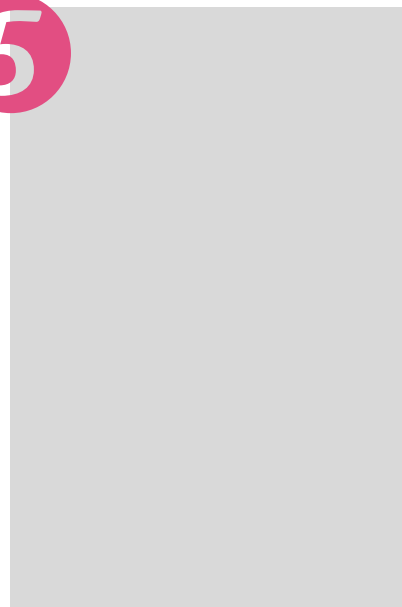
3



4



5



# DEFINE

Carry over each of your 5 core values into the gray squares. Then, in the space below, define what that value means to you. Try to be as clear and concise as possible, and remember this is *your* definition, no one else's.

1

2

3

4

5

# FILL YOUR GLASS

Now that you've defined your 5 core values, it is important to honestly assess how much you are in alignment with each - both at work and personally. To do this, shade each glass to correspond with the percentage of alignment you feel. No shading equals 0% and shading to the top of the glass equals 100%.

The image displays five numbered glasses, each divided into two sections: 'Work' on the left and 'Personal' on the right. The glasses are numbered 1 through 5 in pink circles. Each glass has a vertical line separating the two sections. The 'Personal' section is shaded light blue, while the 'Work' section is white. The glasses are arranged in two rows: three in the top row and two in the bottom row. The shading level in each glass represents the percentage of alignment with the core value, with 0% being unshaded and 100% being fully shaded.

Number	Work Alignment (%)	Personal Alignment (%)
1	0	50
2	0	50
3	0	50
4	0	50
5	0	50

# INSIGHTS

Take a few moments to reflect on what you learned about yourself through this exercise. Be prepared to discuss these insights on your next coaching call.

What did you learn about yourself by completing the core values exercise?

Based on the 'fill your glass' exercise, what are some areas where you would like to see your work and/or personal life more in alignment with your values?

What might you do to ensure these areas are more in alignment with your values?





# OTHER THOUGHTS

USE THIS SPACE FOR ADDITIONAL NOTES  
BEFORE (OR DURING) OUR NEXT SESSION

A large, empty light gray rectangular box intended for taking notes.





# WORK WITH ERIN

## IF YOU ARE ...

- ... Ready to say yes to life. All of it.
- ... Willing to make positive changes and take action. Even if it feels big, imperfect or scary.
- ... No longer interested in making excuses for why life, work, relationships (you name it) isn't working out the way you'd hoped.
- ... Prepared to get very real and very invested in your life.
- ... Looking for clarity, confidence, and a course of action to help you live your best life.
- ... Looking for someone other than your friends, family, or partner to support you on this journey. (They're great and all, but you need an unbiased outsider by your side.)

## THEN YOU SHOULD ...

- ... Book a free consult call with me at [calendly.com/erinmeadowiscoaching](https://calendly.com/erinmeadowiscoaching) to discuss one-on-one coaching.

In just 50 minutes we'll identify where you most want to transform in life, what's holding you back, and how coaching with me will help you get where you want to go!



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