



Core Personal Values Exercise

1) Check off all that you highly value:

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|---|---|---|---|
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Education | <input type="checkbox"/> Independence | <input type="checkbox"/> Relatedness |
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Influence | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Elegance | <input type="checkbox"/> Information | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Acquisition | <input type="checkbox"/> Emotional Well-being | <input type="checkbox"/> Inner peace | <input type="checkbox"/> Reliability |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Empathy | <input type="checkbox"/> Innovation | <input type="checkbox"/> Religious/Religion |
| <input type="checkbox"/> Alignment | <input type="checkbox"/> Encourage | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Resourcefulness |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Encouragement | <input type="checkbox"/> Instruction | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Amusement | <input type="checkbox"/> Energy | <input type="checkbox"/> Integrity | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Assistance | <input type="checkbox"/> Enlightenment | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Responsiveness |
| <input type="checkbox"/> Attractiveness | <input type="checkbox"/> Entertainment | <input type="checkbox"/> Inventiveness | <input type="checkbox"/> Risk |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Environment | <input type="checkbox"/> Joy | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Awareness | <input type="checkbox"/> Equality | <input type="checkbox"/> Justice | <input type="checkbox"/> Schooling |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Ethics/Ethical | <input type="checkbox"/> Kindness | <input type="checkbox"/> Self-awareness |
| <input type="checkbox"/> Being | <input type="checkbox"/> Excellence | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Self-worth |
| <input type="checkbox"/> Bliss | <input type="checkbox"/> Experience | <input type="checkbox"/> Laughter | <input type="checkbox"/> Sensations |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Experiment | <input type="checkbox"/> Leadership | <input type="checkbox"/> Sensuality |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Expertise | <input type="checkbox"/> Learning | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Explain | <input type="checkbox"/> Love | <input type="checkbox"/> Service |
| <input type="checkbox"/> Community | <input type="checkbox"/> Exquisiteness | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Facilitation | <input type="checkbox"/> Magnificence | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Comprehending | <input type="checkbox"/> Fairness | <input type="checkbox"/> Mastery | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Faith | <input type="checkbox"/> Merriment | <input type="checkbox"/> Stimulation |
| <input type="checkbox"/> Consciousness | <input type="checkbox"/> Fame | <input type="checkbox"/> Nobility | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Consideration | <input type="checkbox"/> Family | <input type="checkbox"/> Nurturance | <input type="checkbox"/> Strengthen |
| <input type="checkbox"/> Constancy | <input type="checkbox"/> Feeling good | <input type="checkbox"/> Observation | <input type="checkbox"/> Success |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Fitness | <input type="checkbox"/> Order | <input type="checkbox"/> Superiority |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Freedom | <input type="checkbox"/> Organization | <input type="checkbox"/> Support |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Friendship | <input type="checkbox"/> Originality | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Fun | <input type="checkbox"/> Peace | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Create | <input type="checkbox"/> Generosity | <input type="checkbox"/> Peacefulness | <input type="checkbox"/> Touch |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Grace | <input type="checkbox"/> Perception | <input type="checkbox"/> Tranquility |
| <input type="checkbox"/> Danger | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Personal Development | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Dare | | | <input type="checkbox"/> Truth |



- | | | | |
|---|--------------------------------------|--|--|
| <input type="checkbox"/> Delight | <input type="checkbox"/> Guidance | <input type="checkbox"/> Play | <input type="checkbox"/> Truthfulness |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Happiness | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Detection | <input type="checkbox"/> Harmony | <input type="checkbox"/> Positive attitude | <input type="checkbox"/> Victory |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Health | <input type="checkbox"/> Power | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Direct | <input type="checkbox"/> Honesty | <input type="checkbox"/> Preparation | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Discovery | <input type="checkbox"/> Honor | <input type="checkbox"/> Presence | <input type="checkbox"/> Wholeness |
| <input type="checkbox"/> Discrimination | <input type="checkbox"/> Hope | <input type="checkbox"/> Proficiency | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Distinguish | <input type="checkbox"/> Humility | <input type="checkbox"/> Provider | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Humor | <input type="checkbox"/> Quest | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Economic | <input type="checkbox"/> Imagination | <input type="checkbox"/> Radiance | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Security | <input type="checkbox"/> Improvement | <input type="checkbox"/> Recognition | |

2) Narrow your list to the top 9:

_____	_____	_____
_____	_____	_____
_____	_____	_____

3) Narrow your list to the top 6:

_____	_____	_____
_____	_____	_____

4) Narrow your list to the top 3:

_____	_____	_____
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About the Author

Eric Williamson, author of *How to Work with Jerks*, professional development consultant, and President/CEO of Tailored Training Solutions, LLC, has a vision of success that is inherently different than most. With two decades of real-life, hands-on, in-the-trenches experience in both public and private sectors, Eric has worked with companies and institutions, both large and small, including Connecticut College, Maryland School of Nursing, Maryland Department of Labor, and the Society of Human Resource Management (SHRM).

Through his experience, Eric has learned that success is not about good grades, high IQ scores, or climbing up the corporate ladder. Eric believes that no matter how talented, gifted, or experienced, and no matter what role we serve or title we carry, our level of success is not measured based on the work we produce; it is measured based on the relationships we build. To that end, he works with organizations to build successful leaders by building stronger customer and workplace relationships.

Eric is available to present customized in-person, online, and hybrid trainings for your organization. Visit his website at [TailoredTrainingSolutions.com](https://www.TailoredTrainingSolutions.com) for scheduling details.

