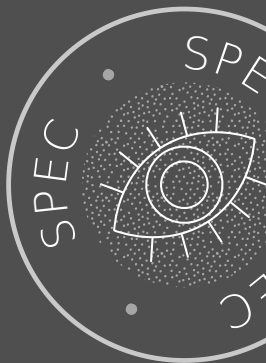




core values  
**workbook**



# HOW TO USE THIS BOOK

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.



# CORE VALUE WORD BANK

**Caring**

**Authenticity**

**Hope**

**Devotion**

**Dedication**

**Patience**

**Forgiveness**

**Gratitude**

**Honesty**

**Optimism**

**Integrity**

**Effort**

**Patience**

**Connection**

**Sacrifice**

**Forgiveness**

**Patience**

**Vision**

**Commitment**

**Cooperation**

**Wisdom**

**Belief in Others**

**Friendship**

**Unity**

**Adventure**

**Community**

**Generosity**



# CORE VALUE ELICITATION EXERCISE

CORE VALUE	HOW YOU DEFINE IT	LEVEL OF IMPORTANCE SCORE 1-5
Ex: Authenticity	congruency between my thoughts, beliefs, actions, words	1 1 is most important, 5 is less important



# CORE VALUE PROMPTS

Where are your most important core values reflected in your current life?

What core values do you want to incorporate more of?

What core values do you most want people to connect with you on?

What do you value about your closest relationships?

What do you look for in a new relationship? Do you know how to identify core values in others?

What is most important to you in your social life?

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





founder & coach



# RACHEL RANDOLPH

I founded Spec in 2019, on the belief that people are already self-aware and brilliant, they only need tools to leverage that brilliance to communicate with strength, confidence, and clarity. If you enjoyed this guidebook and want to learn more about my programs, please let me know by emailing [hello@yourspeccoach.com](mailto:hello@yourspeccoach.com)!

