

RONALD L. BANKS / THE **CLARITY CLUB**

Core Values

WORKSHEET

Prioritize what matters

Core Values Worksheet

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“Focusing on what matters to you becomes feasible when your values are clear.” This worksheet will guide you step by step through the process of identifying your core values. When finished, you’ll know with all certainty who you are, who you are not, what’s important to you, and what’s not important to you. This is the level of clarity you need to succeed in life and foster a successful decluttering experience.

Need help getting in the zone, start here

What matters to you the most?

What qualities do you admire?

When are you the most energized and fulfilled?

Who are you with and how are you feeling?

Where are you? (Physically, mentally, spiritually, or emotionally)

Why do these moments stick out? (Is it human connection, keeping in touch with family, putting your mental health first, traveling, getting started on that project?)

1 Identify Your Values

From the list below, select 3-5 core values that are the most important to you. If you do not see a value of yours listed, add it. The 3-5 values you select will represent the core pillars of your life. This does not indicate that other things are unimportant, as many of your values will fall within these core pillars. By limiting your selection, you will have better clarity toward what you value most.

<input type="checkbox"/> Achievement	<input type="checkbox"/> Fitness	<input type="checkbox"/> Organization
<input type="checkbox"/> Accountability	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Peace
<input type="checkbox"/> Adventure	<input type="checkbox"/> Freedom	<input type="checkbox"/> Power
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Friendship	<input type="checkbox"/> Practicality
<input type="checkbox"/> Boldness	<input type="checkbox"/> Fun	<input type="checkbox"/> Prosperity
<input type="checkbox"/> Calm	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Purpose
<input type="checkbox"/> Challenge	<input type="checkbox"/> Growth/Personal Growth	<input type="checkbox"/> Relationships
<input type="checkbox"/> Collaboration	<input type="checkbox"/> Happiness	<input type="checkbox"/> Reliability
<input type="checkbox"/> Comfort	<input type="checkbox"/> Hard Work	<input type="checkbox"/> Religion
<input type="checkbox"/> Commitment	<input type="checkbox"/> Health	<input type="checkbox"/> Resourcefulness
<input type="checkbox"/> Communication	<input type="checkbox"/> Honesty	<input type="checkbox"/> Self-Respect
<input type="checkbox"/> Community	<input type="checkbox"/> Improvement	<input type="checkbox"/> Service
<input type="checkbox"/> Compassion	<input type="checkbox"/> Independence	<input type="checkbox"/> Simplicity
<input type="checkbox"/> Competency	<input type="checkbox"/> Inner Peace	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Creativity	<input type="checkbox"/> Innovation	<input type="checkbox"/> Spontaneity
<input type="checkbox"/> Curiosity	<input type="checkbox"/> Integrity	<input type="checkbox"/> Stability
<input type="checkbox"/> Decisiveness	<input type="checkbox"/> Joy	<input type="checkbox"/> Success
<input type="checkbox"/> Determination	<input type="checkbox"/> Justice	<input type="checkbox"/> Teamwork
<input type="checkbox"/> Discipline	<input type="checkbox"/> Kindness	<input type="checkbox"/> Tradition
<input type="checkbox"/> Discovery	<input type="checkbox"/> Leadership	<input type="checkbox"/> Trust/Truth
<input type="checkbox"/> Efficiency	<input type="checkbox"/> Learning	<input type="checkbox"/> Traveling
<input type="checkbox"/> Empowerment	<input type="checkbox"/> Love	<input type="checkbox"/> Wealth
<input type="checkbox"/> Entertaining	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Excellency	<input type="checkbox"/> Meaningful Work	<input type="checkbox"/>
<input type="checkbox"/> Fairness	<input type="checkbox"/> Mental Health	<input type="checkbox"/>
<input type="checkbox"/> Faith	<input type="checkbox"/> Minimalism	<input type="checkbox"/>
<input type="checkbox"/> Family	<input type="checkbox"/> Openness	<input type="checkbox"/>
<input type="checkbox"/> Finances/Money	<input type="checkbox"/> Optimism	<input type="checkbox"/>

2 Prioritize Your Values

Rank your values by importance (1 = most important). Try your best to rank each value, as this will help you hone in on what is essential.

Ranking	Values
1	
2	
3	
4	
5	



3 Reflect on Your Values

Reflect over the past year. What was your relationship like with your core values? Have they been a steady priority? Any pats on the back? Where can you improve?

Values	Reflection

4 Set Intentions for Your Values

Clarify what your core values mean in practice. What can you do more (or less) to prioritize each value? Think about the actions you must take to align with your values every day and write clear intentions for each.

 Values	 Intentions

5 Write Your Personal Leadership Philosophy

Take your list of 3-5 core values and write a short statement encompassing what you value. This exercise will help you visualize your values and give you something to live by.

Ongoing Exercise: Integrity Report

Once a quarter or yearly spend a few moments reflecting on how you are living out your core values in real life. Celebrate wins, note challenges and make adjustments where necessary. If you believe that your values have changed, go back to the beginning of this worksheet and make the necessary updates.
