

# Identifying Your Core Values



Create your roadmap  
of who you are and  
where you are going.

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Reiki Master

# 1. Discovering Your Core Values

What makes you feel most fulfilled and alive? Describe the experiences or activities that bring you the greatest joy or satisfaction.

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Who do you admire most and why? What values do they embody that resonate with you?

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When in your life have you felt truly proud of yourself? What qualities or actions led to that pride?

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Think about a time when you felt deeply uncomfortable or out of place. What was missing in that situation that would have made you feel more aligned?

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If you had unlimited resources and time, how would you spend your life? What does that say about your priorities?

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## 2: Clarifying Priorities

What motivates you to get up in the morning? What is your driving force or purpose?

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When you think about your ideal relationships (friends, family, romantic, professional), what qualities do they have? How do those reflect your values?

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Imagine your ideal community or environment. What principles does it operate on?

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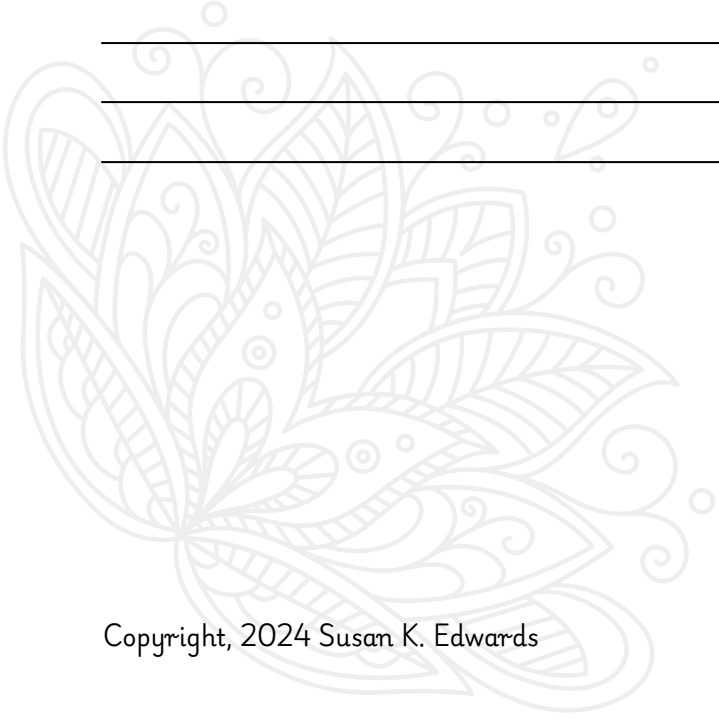
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What are your non-negotiables in life? What lines will you never cross, no matter the circumstance?

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### 3: Facing Challenges

Think about a tough decision you've had to make. What values guided you in making that choice?

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What do you regret most in life? What value might have been ignored or compromised in that situation?

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What do you want others to say about you at your celebration of life? What legacy do you want to leave behind?

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How do you define success? Is it personal happiness, professional achievement, relationships, impact on the world, or something else?

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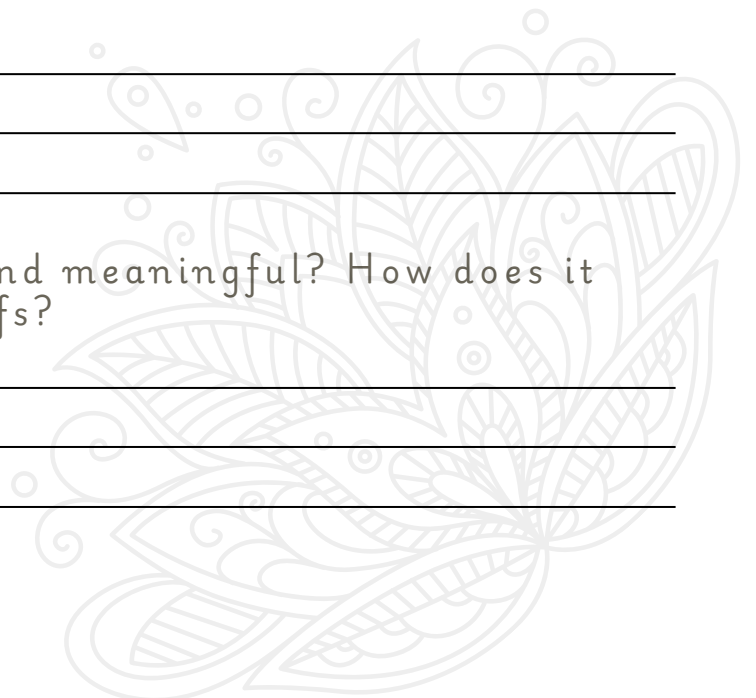
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What kind of work do you find meaningful? How does it align with your deeper beliefs?

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## 4: Refining Your Core Values

If you had to choose just five words to describe your core values, what would they be? Why?

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Rank the values you've identified from most to least important. How does this ranking make you feel?

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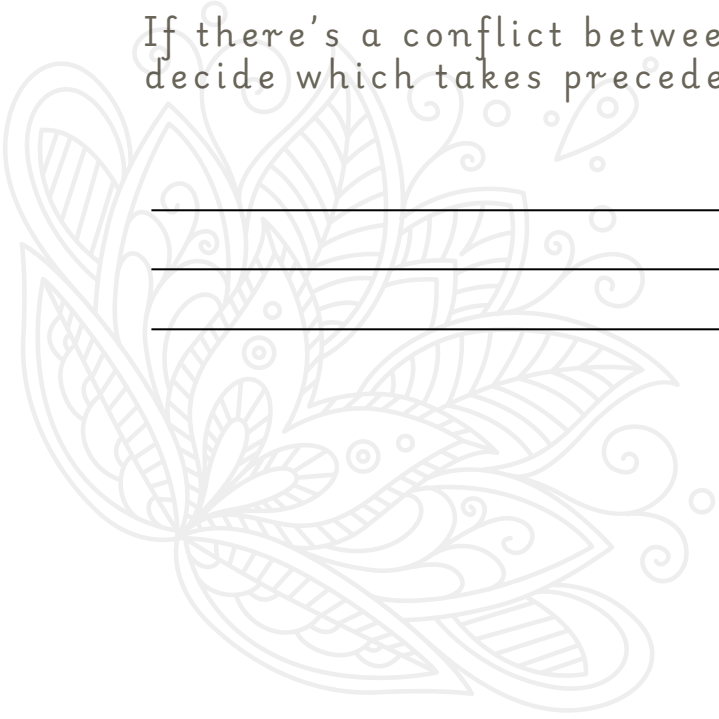
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If there's a conflict between two of your values, how do you decide which takes precedence?

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Are there any values you feel pressured to embrace because of family, society, or culture? Do these truly reflect your authentic self?

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How do your daily actions and decisions reflect your core values? What might you change to live more in alignment with them?

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## Section 5: Crafting Your Core Value Statements

Once you've answered the questions, turn your insights into actionable statements, like:

"I choose to live my life in alignment with \_\_ because  
I value \_\_ above all because it helps me \_\_\_\_."

Refine your statements until they resonate deeply and feel true to their essence.

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