

the
THERAPY LOFT

CORE VALUES

Our values grow with us as we experience challenges and personal hardship. Everyone has a set of values, but not everyone has the opportunity to get to know their core values well. This worksheet is designed to help you identify and strengthen your unique core values.

Who is someone you look up to? What about this individual makes them come to mind? Write down the qualities that this individual possesses.

What makes a person a bad or toxic individual? Think of qualities in others that you do not like to associate or deal with.

At the beginning or end of a long, busy day how do you know it was a good day? Who/What/Where do you encounter and Why?

Think back to a time when you **felt** different than you are today? Are there similarities/ differences? What changed or has not changed?

Now, highlight key words that stand out. These words will help identify themes in your answer and help to establish greater understanding of your core values.