



NO REGRETS RETIREMENT

DATE

NAME

# My Core Values

When selecting your values, ask yourself the following questions:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?

Value 1:

Value 2:

1. What are one or two behaviors that support your value?

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2. What are one or two slippery behaviors that are outside your value?

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3. What's an example of a time when you were fully living this value?

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|-----------------|-----------------|---------------|----------------|--------------|
| Knowledge       | Friendships     | Citizenship   | Poise          | Authenticity |
| Leadership      | Fun             | Community     | Popularity     | Achievement  |
| Learning        | Growth          | Competency    | Recognition    | Adventure    |
| Love            | Happiness       | Contribution  | Religion       | Authority    |
| Loyalty         | Honesty         | Creativity    | Reputation     | Autonomy     |
| Meaningful Work | Humor           | Curiosity     | Respect        | Balance      |
| Openness        | Influence       | Determination | Responsibility | Beauty       |
| Optimism        | Inner Harmony   | Fairness      | Security       | Boldness     |
| Peace           | Justice         | Faith         | Self-Respect   | Compassion   |
| Pleasure        | Kindness        | Fame          | Service        | Challenge    |
| Spirituality    | Status          | Wisdom        | Stability      | Wealth       |
|                 | Trustworthiness |               | Success        |              |