



PERSONAL DEVELOPMENT CHECKLIST

Date

28

Identifying Your Core Values Checklist

Discovering your core values helps align your actions with your principles. Use this checklist to clarify what matters most to you.

Reflect on Meaningful Experiences

- Identify moments that brought you joy, pride, or fulfilment.
- Example: "I felt proud when I volunteered at the animal shelter."



List Traits You Admire

- Consider qualities you respect in others.
- Example: Integrity, creativity, or compassion.



Define What Success Means to You

- Reflect on how you measure personal or professional success.
- Tip: Write a few sentences describing your ideal life.



Identify Areas of Frustration

- Recognise situations that make you feel uneasy or disconnected.
- Example: Feeling dissatisfied in roles that lack creativity.



Use a Values Inventory

- Explore lists of common values to spark ideas.
- Example: Family, health, growth, or freedom.



Narrow Your List

- Choose the 5-10 values that resonate most with you.
- Tip: Focus on those that influence your decisions daily.





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Rank Your Top Values



- Prioritise your values to identify your guiding principles.
- Example: "Family, honesty, and growth are my top three."

Evaluate Alignment



- Reflect on how well your life aligns with your values.
- Tip: Identify areas for improvement, such as prioritising health if it's a top value.

Revisit Your Values Regularly



- Review your values after major life events or personal growth.
- Example: Adjust priorities if career advancement becomes more important.



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