

CORE VALUES

Your core values are the underlying principles by which you live your life. They are what make you who you are (your core) and they do not tend to change over time.

When you live according to your core values you find that life is easy, you're happier, less stressed because you are focusing on the values that are important to you. If we are living in conflict with our core values we become stressed, unhappy, dissatisfied and frustrated with who we are and what we're doing.

Select 10 of the values below that reflect what is important to you in your life and then rate them 1-10 (1 being most important to you)

- | | | |
|---|--|--|
| <input type="checkbox"/> Abundance | <input type="checkbox"/> Challenge | <input type="checkbox"/> Elegance |
| <input type="checkbox"/> Fitness | <input type="checkbox"/> Humility | <input type="checkbox"/> Location |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Risk-taking | <input type="checkbox"/> Success |
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Charity | <input type="checkbox"/> Empowerment |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Humour | <input type="checkbox"/> Love |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Romance | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Accuracy | <input type="checkbox"/> Children | <input type="checkbox"/> Encourage |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Independence | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Personal Power | <input type="checkbox"/> Safety | <input type="checkbox"/> Tranquillity |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Collaboration | <input type="checkbox"/> Enjoyment |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Inner harmony | <input type="checkbox"/> Mastery |
| <input type="checkbox"/> Potential | <input type="checkbox"/> Security | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Commitment | <input type="checkbox"/> Equality |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Integrity | <input type="checkbox"/> Nature |
| <input type="checkbox"/> Power | <input type="checkbox"/> Self-expression | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Aesthetics | <input type="checkbox"/> Compassion | <input type="checkbox"/> Excellence |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Intimacy | <input type="checkbox"/> Nobility |
| <input type="checkbox"/> Quality | <input type="checkbox"/> Self-worth | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Connection | <input type="checkbox"/> Excitement |
| <input type="checkbox"/> Harmony | <input type="checkbox"/> Joy | <input type="checkbox"/> Nurturing |
| <input type="checkbox"/> Recognition | <input type="checkbox"/> Sensuality | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Contribution | <input type="checkbox"/> Expertness |
| <input type="checkbox"/> Health | <input type="checkbox"/> Justice | <input type="checkbox"/> Obedience |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Service | <input type="checkbox"/> Victory |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Creativity | <input type="checkbox"/> Fairness |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Kindness | <input type="checkbox"/> Orderliness |
| <input type="checkbox"/> Resilience | <input type="checkbox"/> Sincerity | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Dignity | <input type="checkbox"/> Faith |
| <input type="checkbox"/> Honour | <input type="checkbox"/> Leadership | <input type="checkbox"/> Partnership |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Simplicity | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Directness | <input type="checkbox"/> Family |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Learning | <input type="checkbox"/> Passion |
| <input type="checkbox"/> Results | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Wellness |

Top rated:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

These are your core values

Keep these in mind when setting your goals and making decisions by asking yourself the following questions:

Is this decision aligned with my core values?

When you are working with someone over a long period of time it is important that you share compatible values. Hopefully if you do this exercise with your partner you will find a reasonable amount of overlap and congruity.

Are my core values compatible with the values of your financial planner?

Alan Moran's top ten values are: Integrity, Compassion, Respect, Contribution, Honesty, Trust, Fairness, Loyalty, Sincerity, Equality

Name _____ Date completed ____/____/20 ____