



# CORE VALUES WORKSHEET

What are your core values? How do your values drive your actions?

*Angelika Olsen*  
LEADERSHIP COACH

What did you identify as your top 10 values?

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Do these values guide your words and actions, and if so, how?

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How do you feel when you make choices in line with your identified values versus times when you don't?

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Which of the values you have selected would you like to lean into and grow? What changes can you make in your life so that your choices and actions are more consistently in-line with your values?

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