

# Exploring Your Core Values

A Guided Worksheet from the Empower Podcast to Align Your Work with Your Purpose

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“Your purpose is often rooted in your values. Use this worksheet to reflect on what truly matters to you — so you can find work that feels aligned, not forced.”

*Dear Listener,*

As you embark on this journey to uncover your core values, remember that you are not alone. "Success is not just about what you achieve, but about the values you uphold and the journey you cherish along the way." – Albert Schweitzer Let this be your guiding light as you navigate through each section with an open heart and mind.

## 2. Values List (Check All That Resonate):

- Creativity
- Independence
- Growth
- Integrity
- Leadership
- Learning
- Balance
- Faith
- Freedom
- Service
- Recognition
- Security
- Adventure
- Empathy
- Making a difference
- (add your own)

Reflect on these values, and as you choose, ask yourself: Which of these resonate deeply with your soul? What values do you want to see reflected in your life and work?

## 3. Narrow It Down:

✓ Highlight your **top 10**

★ Then circle your **top 3–5**

*Remember, narrowing down your values is a journey, not a destination. What speaks to your heart today may guide you toward your purpose tomorrow.*

#### 4. Reflection Prompts:

- "Why do these values matter to me?"
- "How do I want these values to show up in my work?"
- "What jobs, industries, or leadership styles reflect these values?"

*Pause for a moment and consider: How do these values align with your life's purpose? "Your purpose is the key to unlocking your gifts, and through them, success will naturally follow."*

“  
Your values are your guiding star,  
lighting the path toward a life  
filled with purpose and joy.  
- George McCrary

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*Download then fill out this worksheet and take your first step toward discovering the values that will shape your journey. Remember, your values are the compass that lead you to purpose.*

Values Worksheet Courtesy of [George McCrary Enterprises](#)