



Strong from Within

Transformation Forum with Ann Strong

Module 6 Awareness Assignment – Core Values

Core Values worksheet

YOUR CORE VALUES

We all value many things.

We all value many things. Yet, for each of us, a few things ignite us – we feel engaged, loving, convicted, more alive when we live our core values.

Choose 12 or 15 from the list below. Then narrow down to 5 – 8. Don't limit yourself to this list. It is simply a tool to get your creative juices flowing. If you see a word on the list that comes close to expressing a core value, but you know a word that energizes you more, use that word. When you have 5 – 8 that you feel really enthused about, these are your core values. And, they aren't set in stone. If, down the road, you realize a better way to express one or you want to add one, do so.

This is your list to support you in living the life of your dreams. Did you know the root words of enthusiasm, “en” and “theos,” mean “in God?” What do you love so much that you are “in God” (or whatever you call your spiritual place)?

- | | | | | |
|--------------------------------------|-------------------------------------|----------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> accept | <input type="checkbox"/> accomplish | <input type="checkbox"/> acquire | <input type="checkbox"/> affect | <input type="checkbox"/> affirm |
| <input type="checkbox"/> assist | <input type="checkbox"/> alleviate | <input type="checkbox"/> amplify | <input type="checkbox"/> appreciate | <input type="checkbox"/> arouse |
| <input type="checkbox"/> attain | <input type="checkbox"/> augment | <input type="checkbox"/> awaken | <input type="checkbox"/> be | <input type="checkbox"/> beautify |
| <input type="checkbox"/> believe | <input type="checkbox"/> bestow | <input type="checkbox"/> bond | <input type="checkbox"/> brighten | <input type="checkbox"/> build |
| <input type="checkbox"/> call | <input type="checkbox"/> cause | <input type="checkbox"/> choose | <input type="checkbox"/> claim | <input type="checkbox"/> collect |
| <input type="checkbox"/> combine | <input type="checkbox"/> command | <input type="checkbox"/> compete | <input type="checkbox"/> complete | <input type="checkbox"/> compliment |
| <input type="checkbox"/> compose | <input type="checkbox"/> conceive | <input type="checkbox"/> confirm | <input type="checkbox"/> connect | <input type="checkbox"/> consider |
| <input type="checkbox"/> contemplate | <input type="checkbox"/> counsel | <input type="checkbox"/> create | <input type="checkbox"/> dare | <input type="checkbox"/> decide |
| <input type="checkbox"/> defend | <input type="checkbox"/> debate | <input type="checkbox"/> delight | <input type="checkbox"/> deliver | <input type="checkbox"/> demonstrate |

Questions?

Answers:

AtYourService@AnnStrong.com

- | | | | | |
|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> design | <input type="checkbox"/> detect | <input type="checkbox"/> devise | <input type="checkbox"/> devote | <input type="checkbox"/> direct |
| <input type="checkbox"/> discover | <input type="checkbox"/> distinguish | <input type="checkbox"/> distribute | <input type="checkbox"/> draft | <input type="checkbox"/> dream |
| <input type="checkbox"/> drive | <input type="checkbox"/> educate | <input type="checkbox"/> elect | <input type="checkbox"/> embrace | <input type="checkbox"/> emote |
| <input type="checkbox"/> encourage | <input type="checkbox"/> engage | <input type="checkbox"/> engineer | <input type="checkbox"/> enhance | <input type="checkbox"/> enlighten |
| <input type="checkbox"/> enrich | <input type="checkbox"/> enroll | <input type="checkbox"/> entertain | <input type="checkbox"/> enthuse | <input type="checkbox"/> evaluate |
| <input type="checkbox"/> excite | <input type="checkbox"/> explore | <input type="checkbox"/> experiment | <input type="checkbox"/> express | <input type="checkbox"/> extend |
| <input type="checkbox"/> facilitate | <input type="checkbox"/> finance | <input type="checkbox"/> focus | <input type="checkbox"/> forgive | <input type="checkbox"/> foster |
| <input type="checkbox"/> franchise | <input type="checkbox"/> gather | <input type="checkbox"/> generate | <input type="checkbox"/> give | <input type="checkbox"/> govern |
| <input type="checkbox"/> grant | <input type="checkbox"/> grow | <input type="checkbox"/> guide | <input type="checkbox"/> heal | <input type="checkbox"/> hold |
| <input type="checkbox"/> honor | <input type="checkbox"/> host | <input type="checkbox"/> identify | <input type="checkbox"/> illuminate | <input type="checkbox"/> imagine |
| <input type="checkbox"/> implement | <input type="checkbox"/> improve | <input type="checkbox"/> improvise | <input type="checkbox"/> inspire | <input type="checkbox"/> integrate |
| <input type="checkbox"/> intimacy | <input type="checkbox"/> intuit | <input type="checkbox"/> invent | <input type="checkbox"/> involve | <input type="checkbox"/> know |
| <input type="checkbox"/> labor | <input type="checkbox"/> launch | <input type="checkbox"/> lead | <input type="checkbox"/> light | <input type="checkbox"/> link |
| <input type="checkbox"/> live | <input type="checkbox"/> love | <input type="checkbox"/> magnify | <input type="checkbox"/> make | <input type="checkbox"/> manifest |
| <input type="checkbox"/> master | <input type="checkbox"/> measure | <input type="checkbox"/> mediate | <input type="checkbox"/> meditate | <input type="checkbox"/> minister |
| <input type="checkbox"/> model | <input type="checkbox"/> motivate | <input type="checkbox"/> move | <input type="checkbox"/> negotiate | <input type="checkbox"/> nourish |
| <input type="checkbox"/> nurture | <input type="checkbox"/> observe | <input type="checkbox"/> officiate | <input type="checkbox"/> open | <input type="checkbox"/> organize |
| <input type="checkbox"/> participate | <input type="checkbox"/> pass | <input type="checkbox"/> perform | <input type="checkbox"/> persuade | <input type="checkbox"/> play |
| <input type="checkbox"/> possess | <input type="checkbox"/> practice | <input type="checkbox"/> praise | <input type="checkbox"/> prepare | <input type="checkbox"/> present |
| <input type="checkbox"/> prevail | <input type="checkbox"/> produce | <input type="checkbox"/> progress | <input type="checkbox"/> promise | <input type="checkbox"/> promote |
| <input type="checkbox"/> provide | <input type="checkbox"/> publish | <input type="checkbox"/> pursue | <input type="checkbox"/> question | <input type="checkbox"/> query |
| <input type="checkbox"/> realize | <input type="checkbox"/> receive | <input type="checkbox"/> reclaim | <input type="checkbox"/> reduce | <input type="checkbox"/> refine |
| <input type="checkbox"/> reflect | <input type="checkbox"/> reform | <input type="checkbox"/> regard | <input type="checkbox"/> relate | <input type="checkbox"/> relax |
| <input type="checkbox"/> release | <input type="checkbox"/> remember | <input type="checkbox"/> renew | <input type="checkbox"/> resonate | <input type="checkbox"/> respect |
| <input type="checkbox"/> restore | <input type="checkbox"/> review | <input type="checkbox"/> revise | <input type="checkbox"/> risk | <input type="checkbox"/> sacrifice |
| <input type="checkbox"/> safeguard | <input type="checkbox"/> satisfy | <input type="checkbox"/> save | <input type="checkbox"/> score | <input type="checkbox"/> sell |
| <input type="checkbox"/> sense | <input type="checkbox"/> serve | <input type="checkbox"/> speak | <input type="checkbox"/> spacious | <input type="checkbox"/> stand |
| <input type="checkbox"/> strengthen | <input type="checkbox"/> summon | <input type="checkbox"/> support | <input type="checkbox"/> surrender | <input type="checkbox"/> sustain |

Questions?

Answers:

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- | | | | | |
|-----------------------------------|------------------------------------|----------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> take | <input type="checkbox"/> tap | <input type="checkbox"/> teach | <input type="checkbox"/> team | <input type="checkbox"/> touch |
| <input type="checkbox"/> trade | <input type="checkbox"/> translate | <input type="checkbox"/> travel | <input type="checkbox"/> triumph | <input type="checkbox"/> understand |
| <input type="checkbox"/> undo | <input type="checkbox"/> unite | <input type="checkbox"/> uplift | <input type="checkbox"/> use | <input type="checkbox"/> utilize |
| <input type="checkbox"/> validate | <input type="checkbox"/> value | <input type="checkbox"/> venture | <input type="checkbox"/> verbalize | <input type="checkbox"/> volunteer |
| <input type="checkbox"/> work | <input type="checkbox"/> worship | <input type="checkbox"/> write | <input type="checkbox"/> yield | <input type="checkbox"/> zest |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

*Complete this Worksheet and email to:
AtYourService@AnnStrong.com within 2 weeks.*

Questions?

Answers:

AtYourService@AnnStrong.com