

Appendix C

Discover Your Core Virtues (Worksheet)

How to use this virtues worksheet:

Below, you will find a list of 40 virtues. The first time looking at this, just pass over them and sense which ones provide a feeling of knowing that this is important to you. You can check off that in Column 2 under 'First Pass', or I suggest you actually write it out in the column. Set it away and come back to it either later in the day or the next day and review your First Pass list. Out of that, then choose the three to five that speak the loudest to you and list them under 'Final'.

Virtue Name	First Pass	Final Selection
Prudence		
Justice		
Temperance		
Fortitude		
Faith		
Hope		
Charity (Love)		
Honesty		
Respect		
Gratitude		
Responsibility		
Loyalty		
Humility		
Compassion		
Forgiveness		
Generosity		
Patience		
Curiosity		
Discernment		
Wisdom		
Clarity		
Foresight		
Open-mindedness		
Self-awareness		
Persistence		
Creativity		
Mindfulness		
Courage		

Diligence		
Perseverance		
Orderliness		
Initiative		
Leadership		
Adaptability		
Work ethic		
Empathy		
Kindness		
Cooperation		
Civility		
Service		

Source Notes: This list of virtues is adapted from classical and contemporary moral philosophy, including the works of Aristotle, the Stoics, Christian theology (Aquinas), and modern character education frameworks (Jubilee Centre for Character and Virtues, University of Birmingham, UK).

Discover (or Rediscover) Your Core Values

A Personal Exploration Worksheet

How to use this values worksheet:

Below, you will find a list of 50 values. On your first pass, read through the list and note the ones that resonate with you by writing them into the 'First Pass' column. Later, revisit your selections and narrow them down to your top three to five values in the 'Final Selection' column. This process helps clarify what truly matters most to you.

Value Name	First Pass	Final Selection
Accountability		
Adventure		
Authenticity		
Balance		
Beauty		
Caring		
Challenge		
Collaboration		
Commitment		
Compassion		
Connection		
Contentment		
Contribution		
Courage		
Creativity		
Curiosity		
Determination		
Empathy		
Excellence		
Fairness		
Faith		
Family		
Freedom		
Friendship		
Fun		
Generosity		
Gratitude		
Growth		
Harmony		
Health		

Honesty		
Hope		
Humility		
Inclusiveness		
Independence		
Influence		
Integrity		
Joy		
Justice		
Kindness		
Learning		
Love		
Loyalty		
Mindfulness		
Openness		
Optimism		
Peace		
Perseverance		
Respect		
Responsibility		

Source: Adapted from multiple personal development tools, including those by Brene Brown, Barrett Values Centre, and VIA Institute on Character.