

THE BATON OF HOPE

CORE *values*

1

Place a checkmark next to the 20 values that you feel are important to a life well lived. You may add your own core value words too.

2

From the 20 values that you have checked, select 10 that you feel are critical to a life well lived and circle them.

3

From the 10 values you circled, choose 5 that are the most important to you.

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|---------------------------------------|---|---|
| ☐ Excitement | ☐ Reputation | ☐ Fulfilment |
| ☐ Spirituality | ☐ Creativity | ☐ Service |
| ☐ Stability | ☐ Integrity | ☐ Decisiveness |
| ☐ Learning | ☐ Diversity | ☐ Loyalty |
| ☐ Adventure | ☐ Unity | ☐ Challenges |
| ☐ Honesty | ☐ Independence | ☐ Leadership |
| ☐ Learning | ☐ Competence | ☐ Cooperation |
| ☐ Ethics | ☐ Fairness | ☐ Family |
| ☐ Health | ☐ Growth | ☐ Empowerment |
| ☐ Discipline | ☐ Excellence | ☐ Freedom |
| ☐ Safety | ☐ Influence | ☐ Community |
| ☐ Friendship | ☐ Happiness | ☐ Change |
| ☐ Recognition | ☐ Relationships | ☐ Tradition |
| ☐ Efficiency | ☐ Enjoyment | ☐ Presence |
| ☐ Environment | ☐ Order | ☐ Responsibility |
| ☐ Security | ☐ Philanthropy | ☐ Work |
| ☐ Engagement | ☐ Compassion | ☐ Justice |
| ☐ Harmony | ☐ Accountability | ☐ Courage |
| ☐ Respect | ☐ Relevance | ☐ Genuineness |
| ☐ Love | ☐ Gratitude | ☐ Flexibility |

ADD OTHER CORE VALUES HERE
