

Core Values: Bonus Worksheet 2

The Value Wheel: Walking the Talk

1. Place each of your up to five core values in the center of one of the circles on the following pages.
2. For each core value, think about the evidence in your life this value is alive and well. These will be proof points of how these values influence how you think and how you behave. They will be things like decisions and choices, actions and activities, attitudes and behaviors around how you spend your time, talent and treasure, with whom, and to what end.
3. For each piece of evidence that you are living the core value, add a spoke to the wheel. Don't feel you have to fill all the spokes that are provided. And if you have more evidence, add more spokes.
4. Based on the evidence, rate your *Walking the Talk* performance on each value on a scale of 1-5 (1= little evidence, 5 = exemplary). This is not a ranking of importance one to another, but rather an individual rating of your integrity on living into the ideal each stands for. So all could be 5s, all could be 1s, as well as any mix of numbers. The important thing is to be honest with yourself. Low ratings reveal where the work is to move toward a healthier overall sense of well-being and alignment.

Write your score in the space provided at the top of each value wheel.

5. Next, with each *Walking the Talk* performance rating in mind, identify and write in up to three things you can imagine yourself doing this year to live in higher integrity with each value.

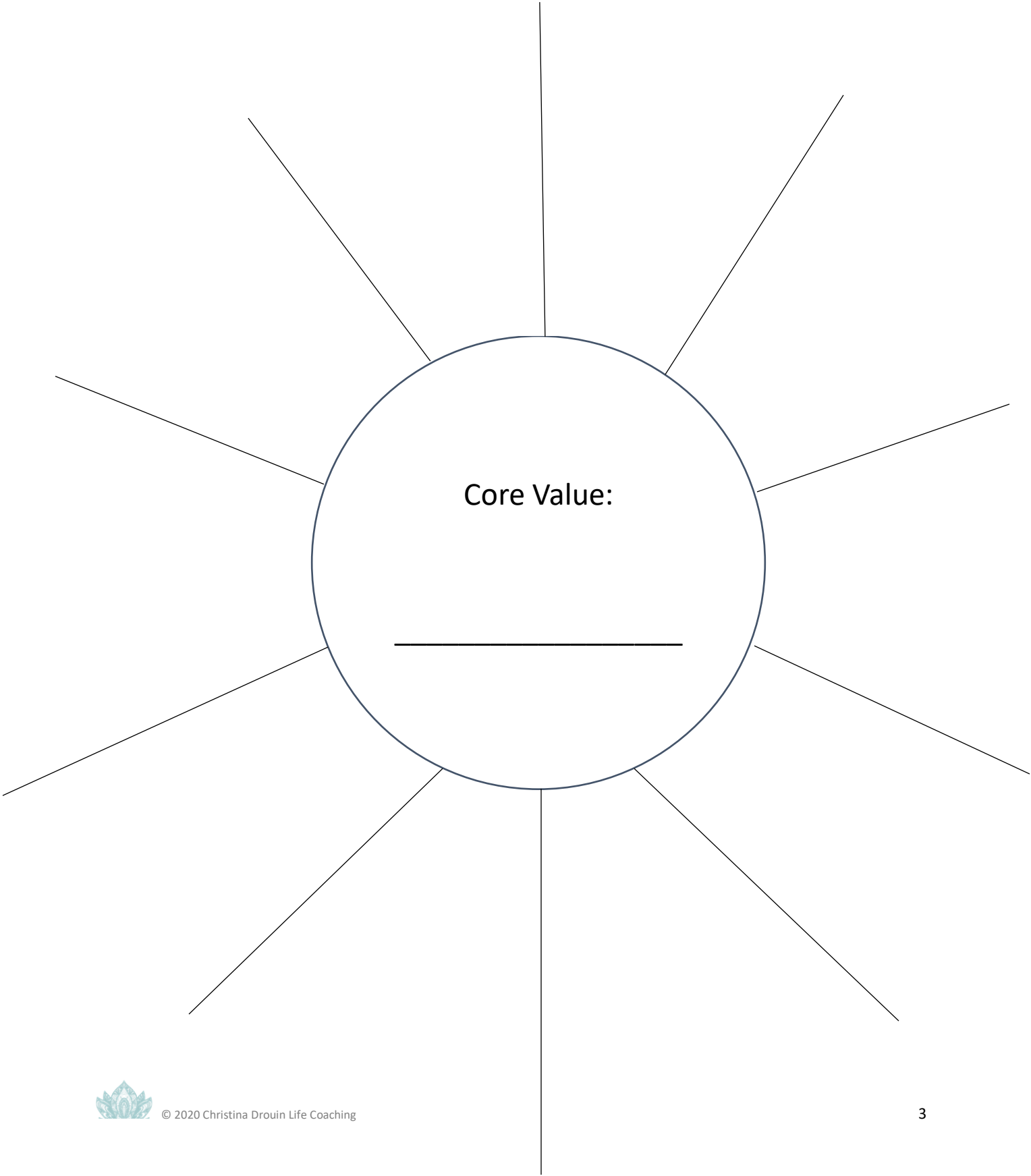


Core Value #1 Walking the Talk Rating: _____

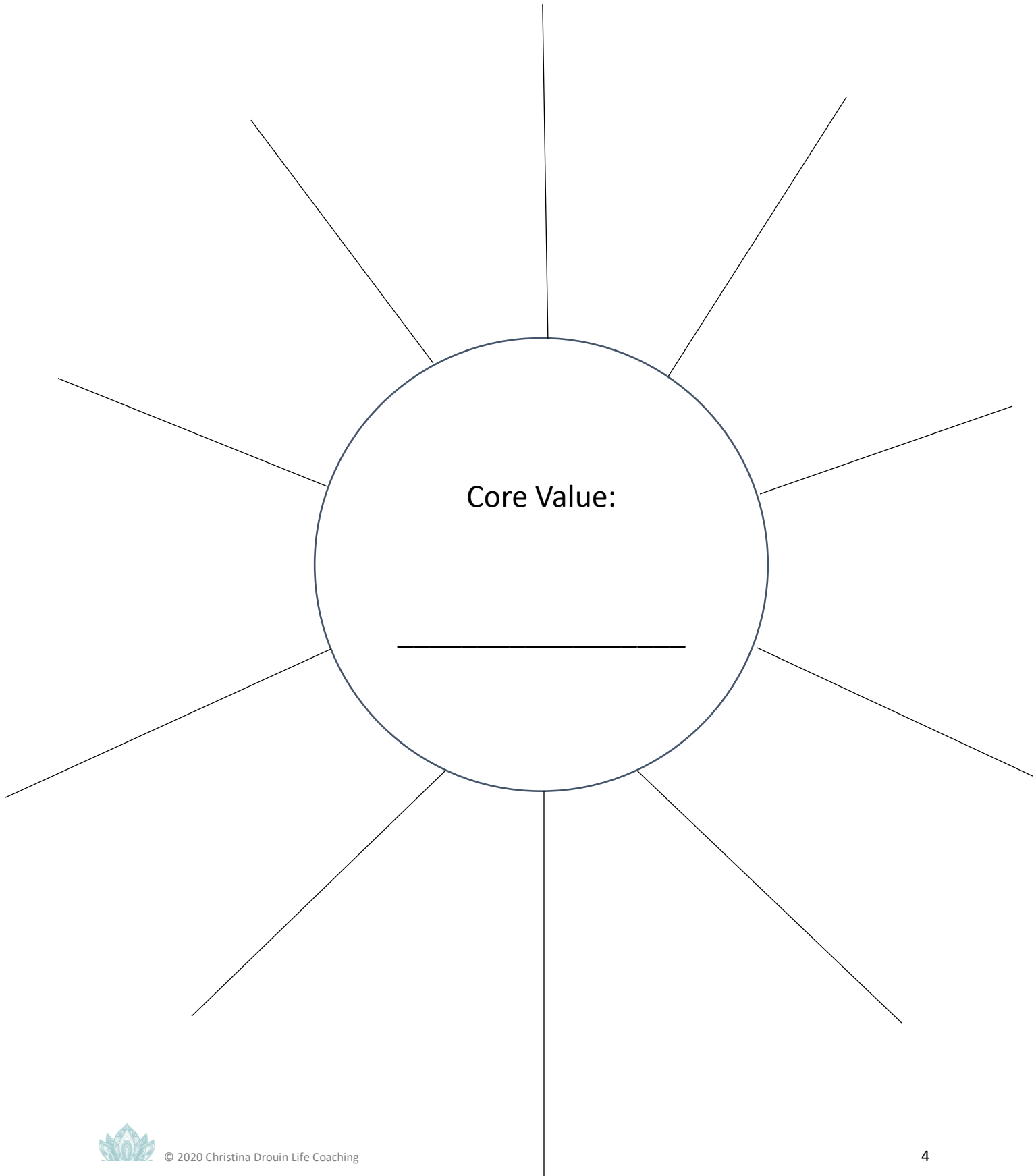
Core Value:



Core Value #2 Walking the Talk Rating: _____



Core Value #3 Walking the Talk Rating: _____



Core Value #4 Walking the Talk Rating: _____

Core Value:

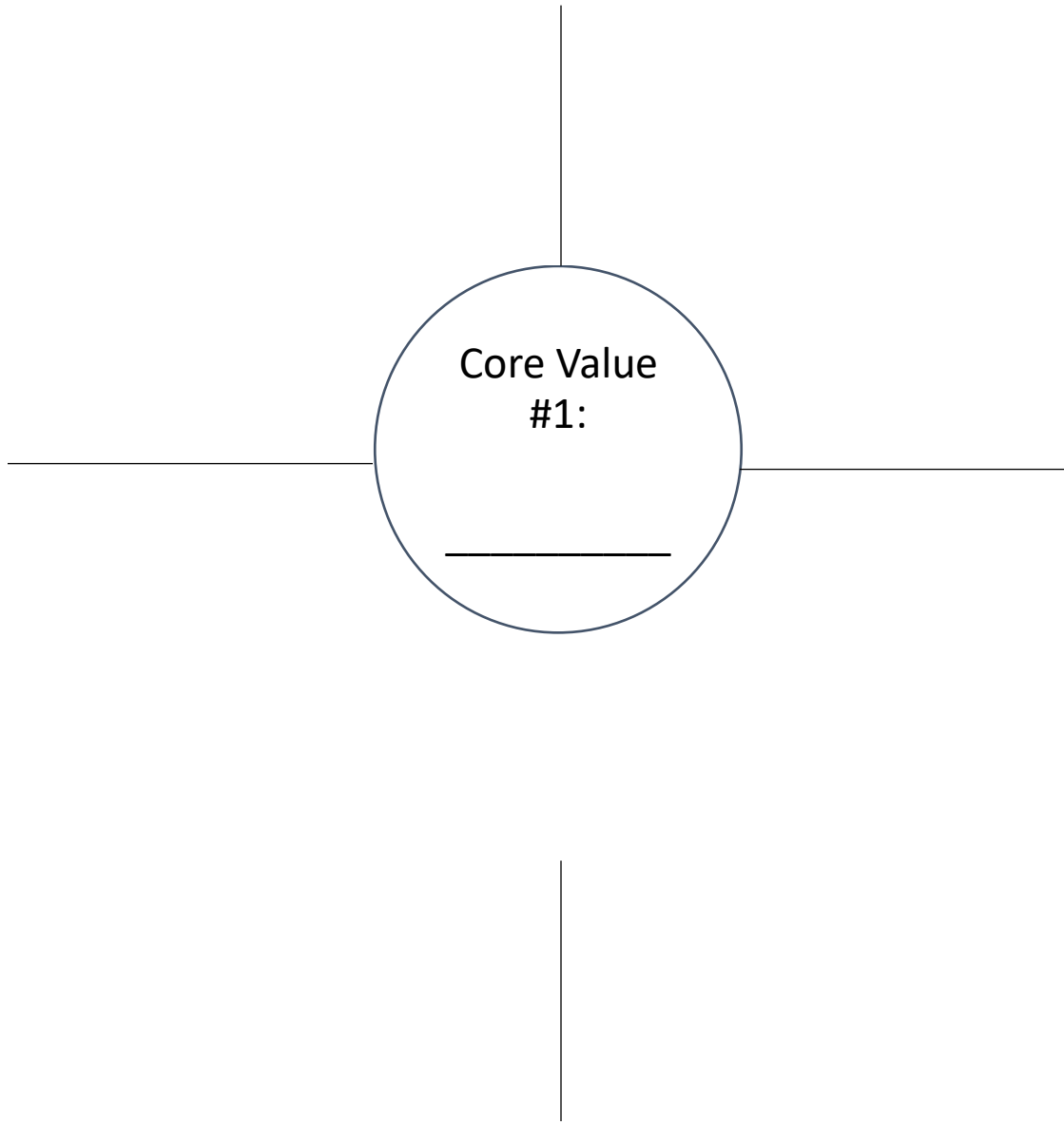


Core Value #5 Walking the Talk Rating: _____

Core Value:

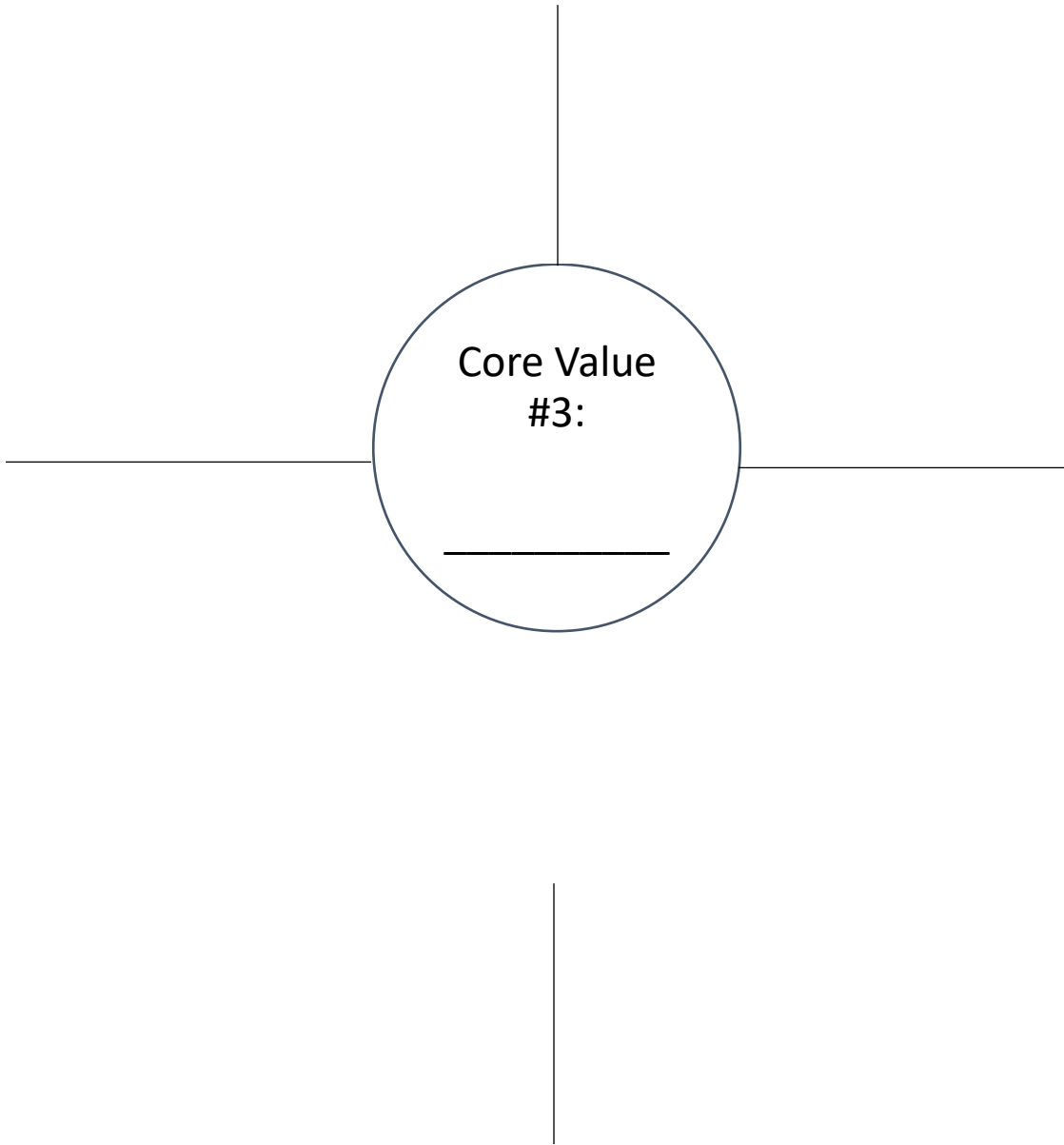


*At Least Three Actions I Can Take for Each of My Values
to Live in More Integrity*



Core Value
#2:





Core Value
#4:

Core Value
#5:

