

Identifying Your Core Values Through Admiration



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This worksheet is designed to help you identify your core values by reflecting on the qualities, values, and aspects you admire in others. By identifying what you admire most in others, you can gain insight into the values that are most important to you.

Step 1: List the Top 5 People You Admire the Most

Think of five individuals you deeply admire. These can be people from your personal life, public figures, historical figures, or even fictional characters. Write down their names in the spaces provided.

1	Person 1	
2	Person 2	
3	Person 3	
4	Person 4	
5	Person 5	

Step 2: Identify Their Core Values

For each person listed, write down the core values they embody. Consider what they stand for, their guiding principles, and what they consistently value in their actions and decisions.

Person 1's Values

1	
2	
3	



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Person 2's Values

1	
2	
3	

Person 3's Values

1	
2	
3	

Person 4's Values

1	
2	
3	

Person 5's Values

1	
2	
3	



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Step 3: Describe Their Admirable Qualities

Reflect on the qualities that you admire in each person. These might include traits such as courage, kindness, intelligence, creativity, determination, etc. Write down these qualities below.

Person 1's Qualities

1	
2	
3	

Person 2's qualities

1	
2	
3	

Person 3's qualities

1	
2	
3	



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Person 4's qualities

1	
2	
3	

Person 5's qualities

1	
2	
3	



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Step 4: Highlight the Aspects You Admire the Most

For each person, identify the specific aspects of their life, work, or character that you admire most. These could be their professional achievements, personal relationships, lifestyle, or their contributions to society.

Person 1's Admirable Aspects:

Aspect 1	
Aspect 2	

Person 2's Admirable Aspects:

Aspect 1	
Aspect 2	

Person 3's Admirable Aspects:

Aspect 1	
Aspect 2	

Person 4's Admirable Aspects:

Aspect 1	
Aspect 2	

Person 5's Admirable Aspects:

Aspect 1	
Aspect 2	



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Step 5: Reflect on Your Core Values

Review the values, qualities, and aspects you admire in these five people. Based on your reflections, list the core values that resonate most with you. These values are likely the ones you aspire to embody in your own life

Core Value 1

Core Value 2

Core Value 3

Core Value 4

Core Value 5



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Step 6: Applying Your Values

Consider how you can incorporate these core values into your daily life. Write down one or two actionable steps for each value.

Core Value 1

Action Step

Core Value 2

Action Step

Core Value 3

Action Step

Core Value 4

Action Step

Core Value 5

Action Step



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This exercise should help you gain clarity on the values that are most important to you and guide you in living a life aligned with those values.

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