

Discovering Your Core Values

Values guide our behavior and personal conduct. They are embedded within us and work as a **guidance system**. When our values guide us, we feel *fulfillment*.

When we are incongruent with our values, we are *more likely* to regress and escape into unhelpful habits. We feel internal stress and discomfort when we are moving *away* from our **core values**.

Knowing our **personal values** changes our behavior and how we make decisions. Being conscious of them helps us cut through the noise to what matters. Being clear on our values saves us time and energy.

We are going to discover our **core values**. It is easy to speculate or idealize values. It is a different matter to **live by them**.

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DISCOVERING YOUR CORE VALUES

LIST OF VALUES

Here is a list of over 200 values. This list is **not** exhaustive, so if you have a value that is not listed here, please write it down.

Abundance
Acceptance
Accountability
Achievement
Advancement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness

Cleverness
Community
Commitment
Compassion
Cooperation
Collaboration
Connection
Consistency
Contribution
Creativity
Credibility
Curiosity
Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics

Excellence
Expressiveness
Fairness
Family
Friendships
Flexibility
Freedom
Fun
Generosity
Grace
Growth
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration

Intelligence
Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Performance
Proactive
Patient
Professionalism
Punctuality

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DISCOVERING YOUR CORE VALUES

LIST OF VALUES

If you have a value that is not listed here, please write it down.

Perfection
Playfulness
Popularity
Power
Preparedness
Quality
Recognition
Risk-Taking
Resourcefulness
Responsibility
Responsiveness
Radiance
Reliability
Resilience
Safety
Security
Service
Spirituality
Stability
Self-control

Selflessness
Simplicity
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal

Additional Values:

Additional Values:

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DISCOVERING YOUR CORE VALUES

DISCOVERY PROCESS

- 1 **Circle** (or write down) all the values that really speak to you.
- 2 **Group** all the *similar* values together in a way that makes sense to you. You should have *at least* **five groups of values**. Then, in each group, delete the ones that feel less important.

example:

Group A

- Abundance
- Growth
- Wealth
- Peace

- 3 **Choose** one word in *each group* that really "*hits home*" or best represents the label for the entire group. Do not overthink your labels as there are no right or wrong answers. Once you've selected one word from each group, you've identified your **core values**.
- 4 **Reflect:** What has happened when you *moved away* from your core values?
- 5 **Reflect:** What changes or actions do you need to take to move towards your core values?

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LIST OF VALUES: YOUR GROUPS

Use this sheet to complete the exercise. Remember to create a minimum of five groups.
