

## Identifying Core Values

### **Overview**

Values are what keeps us pointed in the direction of our true north. Values are words used to motivate and inspire us in the ways we want to treat ourselves and others in any given moment and on an on-going basis.

### **Getting Started**

#### *Doing the Work*

Go through the list of values below and, without thinking too hard, indicate each value if it is V (Very important), Q (Quite important), or N (Not important) to you.

Now, go through the ones you marked as V and circle 5 - 10 values that are most important to you.

\_\_\_\_\_ Acceptance: to be open to and accepting of myself, others, and life.

\_\_\_\_\_ Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences.

\_\_\_\_\_ Assertiveness: to respectfully stand up for my rights and request what I want.

\_\_\_\_\_ Authenticity: to be authentic, genuine, real; to be true to myself.

\_\_\_\_\_ Beauty: to appreciate, create, nurture, or cultivate beauty in myself, others, and the environment.

\_\_\_\_\_ Caring: to be caring towards myself, others, and the environment.

\_\_\_\_\_ Challenge: to keep challenging myself to grow, learn, and improve.

\_\_\_\_\_ Compassion: to act with kindness towards those who are suffering.

\_\_\_\_\_ Connection: to engage fully in whatever I am doing and be fully Present with others.

\_\_\_\_\_ Contribution: to contribute, help, assist, or make a positive difference to myself or others.

\_\_\_\_\_ Conformity: to be respectful and obedient of rules and obligations.

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- \_\_\_\_\_ Cooperation: to be cooperative and collaborative with others.
- \_\_\_\_\_ Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty.
- \_\_\_\_\_ Creativity: to be creative or innovative.
- \_\_\_\_\_ Curiosity: to be curious, open-minded, and interested; to explore and discover.
- \_\_\_\_\_ Encouragement: to encourage and reward behavior that I value in myself or others.
- \_\_\_\_\_ Equality: to treat others as equal to myself.
- \_\_\_\_\_ Excitement: to seek, create, and engage in activities that are exciting, stimulating, or thrilling.
- \_\_\_\_\_ Fairness: to be fair to myself or others.
- \_\_\_\_\_ Fitness: to maintain or improve my fitness; to look after my physical and mental health and well-being.
- \_\_\_\_\_ Flexibility: to adjust and adapt readily to changing circumstances.
- \_\_\_\_\_ Freedom: to live freely; to choose how I live and behave or help others do likewise.
- \_\_\_\_\_ Friendliness: to be friendly, companionable, or agreeable towards others.
- \_\_\_\_\_ Forgiveness: to be forgiving towards myself or others.
- \_\_\_\_\_ Fun: to be fun-loving; to seek, create, and engage in fun-filled activities.
- \_\_\_\_\_ Generosity: to be generous, sharing and giving to myself or others.
- \_\_\_\_\_ Gratitude: to be grateful for and appreciative of the positive aspects of myself, others, and life.
- \_\_\_\_\_ Honesty: to be honest, truthful, and sincere with myself and others.
- \_\_\_\_\_ Humor: to see and appreciate the humorous side of life.
- \_\_\_\_\_ Humility: to be humble or modest; to let my achievements speak for themselves.

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\_\_\_\_\_ Industry: to be industrious, hard-working, and dedicated.

\_\_\_\_\_ Independence: to be self-supportive and choose my own way of doing things.

\_\_\_\_\_ Intimacy: to open up, reveal, and share myself- emotionally or physically in my close personal relationships.

\_\_\_\_\_ Justice: to uphold justice and fairness.

\_\_\_\_\_ Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others.

\_\_\_\_\_ Love: to act lovingly or affectionately towards myself or others.

\_\_\_\_\_ Mindfulness: to be conscious of, open to, and curious about my here-and-now experience.

\_\_\_\_\_ Order: to be orderly and organized.

\_\_\_\_\_ Open-mindedness: to think things through, see things from others' points of view and weigh evidence fairly.

\_\_\_\_\_ Patience: to wait calmly for what I want.

\_\_\_\_\_ Persistence: to continue resolutely, despite problems or difficulties.

\_\_\_\_\_ Pleasure: to create and give pleasure to myself or others.

\_\_\_\_\_ Power: to strongly influence or wield authority over others, e.g. taking charge, leading, and organizing.

\_\_\_\_\_ Reciprocity: to build relationships in which there is a fair balance of giving and taking.

\_\_\_\_\_ Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard.

\_\_\_\_\_ Responsibility: to be responsible and accountable for my actions.

\_\_\_\_\_ Romance: to be romantic; to display and express love or strong affection.

\_\_\_\_\_ Safety: to secure, protect, or ensure safety of myself or others.



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- \_\_\_\_\_ Self-awareness: to be aware of my own thoughts, feelings, and actions.
- \_\_\_\_\_ Self-care: to look after my health and well-being and get my needs met.
- \_\_\_\_\_ Self-development: to keep growing, advancing, or improving in knowledge, skills, character, or life experience.
- \_\_\_\_\_ Self-control: to act in accordance with my own ideals.
- \_\_\_\_\_ Sensuality: to create, explore, and enjoy experiences that stimulate the five senses.
- \_\_\_\_\_ Sexuality: to explore or express my sexuality.
- \_\_\_\_\_ Spirituality: to connect with things bigger than myself.
- \_\_\_\_\_ Skillfulness: to continually practice and improve my skills and apply myself fully when using them.
- \_\_\_\_\_ Supportiveness: to be supportive, helpful, encouraging, and available to myself or others.
- \_\_\_\_\_ Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable.
- \_\_\_\_\_ Other:
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**Rank Your Values**

1. List in the box below the top 5-10 Values you circled above. Now Rank the values from 1-10, one being the highest priority.



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Identifying your core values is foundational, but it's just one step in a larger, transformative journey toward living your best life. If you are ready to take the next step, take advantage of a no cost inquiry call to further your transformative journey.

Patience and persistence are key.

Be grateful, have faith and live your best life.