**Identifying Core Values**

**Directions for Activity:**

1. Read through the list on the following page and circle 10 values which you feel are most important to you.
2. Now, cross off 5 of those values, leaving you with the 5 that are most important to you.
3. Now, from your list of 5 values, cross off 2, leaving you with the *three* values that are most important to you. These are most likely your core values.

**Reflection Activities:**

1. Notice the feelings that come up when you read your short list. How does your energy shift?
2. Consider how the actions you take reflect your core values. Are there values that show up more often in your actions at work? At home? In social circles? With family? Do you ever notice a discrepancy between what you consider to be a “value” and your behavior (the actions that you take)? What happens to you when your values are OUT OF ALIGNMENT in your work and /or personal life?
3. What values that are important to you are MISSING or in short supply in your work and/or personal life:
4. What can you do to ENSURE that your values are being met?
5. What steps are you committing to after going through this exercise/assessment?
6. Write your three core values on a piece of paper and post them somewhere prominent. Reflect on them for a week or two. See if they still feel like “core” values.
7. Reflect on them every year. Are they the same? Have they changed? Do you think these would have been your core values 10 years ago?

**Values:** The following list of values applies to work and personal life. This is not an exhaustive list—you’re welcome to add your own

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| Acceptance  Achievement  Adventure  Affection  Altruism  Ambition  Appreciation  Arts  Attitude  Authenticity  Authority  Autonomy  Balance  Beauty  Belonging  Caring  Celebration  Challenge  Choice  Collaboration  Commitment  Communication  Community  Compassion  Connection  Contribution  Cooperation  courage  Creativity  Democracy  Development  Difference  dignity  Effectiveness | Efficiency  encouragement  Equality  Equity  Excellence  Excitement  Expectations  Expertise  Expression  Fairness  Faith  Fame  Family  Flexibility  Focus  Forgiveness  Freedom  Friendship  fulfillment  Fun  Goals  Gratitude  Growth  Happiness  Health  Helping  home  Honesty  Hope  Humility  Humor  Imagination  Independence  Influence | Initiative  inner peace  inner strength  Integrity  Interdependence  Intuition  Joy  Justice  Kindness  Knowledge  Leadership  learning  love  Loyalty  Making  Meaningful  Mindfulness  Nature  nurture  Order  Others  Passion  patience  Peace  Perseverance  Personal  Pleasure  Positivity  power  Pride  Productivity  Recognition  Reflection  Religion | Reputation  Respect  Responsibility  Results  Risk  Romance  safety  security  Self  Self-Respect  sensuality  Service  Sharing  Solitude  Spirituality  structure  Success  Support  Team  Time  Togetherness  Tolerance  Tradition  Travel  Trust  Truth  Unity  Variety  wealth  winning  wisdom  Work  Zest |