**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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| AcceptanceAchievementAdventureAffectionAltruismAmbitionAppreciationArtsAttitudeAuthenticityAuthorityAutonomyBalanceBeautyBelongingCaringCelebrationChallengeChoiceCollaborationCommitmentCommunicationCommunityCompassionConnectionContributionCooperationcourageCreativityDemocracyDevelopmentDifferencedignityEffectiveness | EfficiencyencouragementEqualityEquityExcellenceExcitementExpectationsExpertiseExpressionFairnessFaithFameFamilyFlexibilityFocusForgivenessFreedomFriendshipfulfillmentFunGoalsGratitudeGrowthHappinessHealthHelpinghomeHonestyHopeHumilityHumorImaginationIndependenceInfluence | Initiativeinner peaceinner strengthIntegrityInterdependenceIntuitionJoyJusticeKindnessKnowledgeLeadershiplearningloveLoyaltyMakingMeaningfulMindfulnessNaturenurtureOrderOthersPassionpatiencePeacePerseverancePersonalPleasurePositivitypowerPrideProductivityRecognitionReflectionReligion | ReputationRespectResponsibilityResultsRiskRomancesafetysecuritySelfSelf-RespectsensualityServiceSharingSolitudeSpiritualitystructureSuccessSupportTeamTimeTogethernessToleranceTraditionTravelTrustTruthUnityVarietywealthwinningwisdomWorkZest |