

## Identifying Core Values

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### 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

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