

Identifying Core Values

1. Read through the list on the following page and circle ten values which you feel are most important to you.
2. Now, cross off five of those values, leaving you with the five that are most important to you.
3. Now, from your list of five values, cross off two, 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 actions that you take?
3. 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.
4. 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 apply to work and personal life. This is not an exhaustive list—you're welcome to add your own.

Acceptance	Democracy	Independence	Reflection
Achievement	Effectiveness	Influence	Religion
Advancement	Efficiency	Initiative	Respect
Adventure	Equality	Integrity	Responsibility
Affection	Equity	Intuition	Results
Altruism	Excellence	Interdependence	Reputation
Ambition	Excitement	Justice	Risk taking
Appreciation	Expertise	Kindness	Romance
Arts	Fame	Knowledge	Routine
Authenticity	Fairness	Leadership	Security
Authority	Faith	Loyalty	Self expression
Autonomy	Family	Making a difference	Self-respect
Balance	Flexibility	Meaningful work	Service
Beauty	Focus	Money	Sharing
Belonging	Forgiveness	Nature	Solitude
Caring	Freedom	Nurturing	Spirituality
Celebration	Friendship	Order	Success
Challenge	Fun	Passion	Support
Choice	Goals	Peace	Team work
Collaboration	Growth	Personal growth	Time
Commitment	Happiness	Perseverance	Tolerance
Community	Harmony	Personal Development	Togetherness
Communication	Health	Pleasure	Tradition
Compassion	Helping others	Positive Attitude	Travel
Competition	High Expectations	Power	Trust
Connection	Honesty	Pride	Truth
Contribution	Hope	Privacy	Unity
Cooperation	Humor	Productivity	Variety
Creativity	Imagination	Recognition	Wealth

