

Discovering Your Core Values

Core values are at the root of who we are – our true essence. They inform many of the choices we make and beliefs we hold. While many of these values are appealing and viewed with high regard in our culture, be very honest with yourself about which ones have meaning for you. These are the values for which you would likely fight, quit a job, or leave a relationship. You may or may not be living a particular value at this moment, but the aim is to identify those values that are most significant to you.

There are 28 values listed, however, you may add to the list if something you value is missing. Also, feel free to adjust the definition of a value to fit your interpretation and/or combine like values, if applicable.

- Step 1: Identify 10 values that really resonate with you.
- Step 2: Of your list of 10, reduce it to the five that are most important to you and record the values in chart attached.
- Step 3: Of your list of five, rate each value on a scale of 1-10 based on how well you are living that value today, with 10 being optimal.
- Step 4: Identify actions to take so as to be more fully aligned with your top five values.

Achievement – to accomplish important things; mastery

Advancement – to reach the top of an organization or profession

Adventure – to explore new frontiers; to find excitement; to have a variety of experiences

Aesthetics – to enjoy or be inspired by the beauty in things, ideas, surroundings

Affiliation – to be accepted and liked; to work closely with others; to be part of a particular group

Affluence – to pursue high income, financial success, prosperity

Autonomy/Freedom – to act on personal priorities; self-sufficient; self-reliant; self-governing

Balance – to have a lifestyle allowing balance of time for self, family, work and community

Challenge – to be involved in interesting and challenging work; to continually face complex tasks

Community – to participate actively in a community and support community goals

Creativity – to be creative; to express yourself; demonstrating innovation and imagination

Expertise – to be respected for your competence; to be a known/respected authority

Friends/Family – to spend time with and have strong/meaningful relationships with others

Fun – to have fun and enjoy life; fusing each activity and each day with joy/laughter

Health/Wellness – to be healthy in mind, body and spirit; vitality

Home/Retreat – to have a comfortable and beautiful home or retreat

Integrity – to act in terms of your convictions; to be honest and sincere; to stand up for your beliefs

Learning/Growth – to be constantly learning and developing; the pursuit of knowledge

Location – to live where you want to live and in a place conducive to your lifestyle

Loyalty – to be faithful; dedication to individuals, traditions and/or organizations

Modesty – to be humble; lack of pretense

Passion – to care deeply for something; to live/work your greatest passion

Recognition/Status – to have status; to earn the recognition and respect of others

Recreation – to pursue hobbies, sports or personal interests

Security – to achieve a secure/stable home, work and financial situation

Self-Expression – to be yourself and behave in a way consistent with your ideas/values; authenticity

Service – to help other people; make a contribution to the well-being of others; help improve society

Spirituality – to be strong in spiritual or religious beliefs; inner peace and harmony

My Top 5 Values:	How well I'm living it today (1-10):

Actions I am going to take to be more fully aligned with my values:
