



**MY  
CORE**

**VALUES  
WORKBOOK**

## **CORE VALUES**

### **What Are They?**

Our values should (ideally) determine our priorities in life, and they are generally the measures we use to determine if life is heading in the direction we want it to.

Life is usually going pretty well, and we feel content and satisfied when the decisions we make and the way in which we act match our values.

However, when these don't align with our values, that's when we start feeling like something's 'wrong' and this can lead to unhappiness and frustration. To avoid this, we must make a real effort to identify what our values actually are.

### **Why Understanding Values Will Help You**

Whether we recognize them or not - values exist! We can make life much easier for ourselves by acknowledging our values and by making plans and decisions that honor them.

If you value family, but your job requires you to work a 60 hour week, will this cause you conflict and stress? Or perhaps you work in a competitive sales environment but you don't value competition, are you likely to have high job satisfaction? It's in situations like these that understanding our values can really help. When we have a good understanding of our values, we can use them to make important life decisions and answer questions such as:

Q: Should I leave my job?

Q: Should I accept this job promotion?

Q: Should I compromise my standards?

Q: Should I start my own business?

Q: Should I follow tradition, or take a new path in life?

Taking the time to understand the real priorities in our lives will enable us to determine the best direction to take and help us work towards achieving our life goals

Defining your personal values will help you to discover what's truly important to you. The best way to start doing this is to reflect on your life and identify times when you felt really positive and confident that you were making good choices. You will be reflecting on the past and also project what you want for your life in the present and the future.

## Common Personal Core Values

Authenticity	Efficiency	Peace
Accountability	Empathy	Passion
Accuracy	Enthusiasm	Practicality
Achievement	Equality	Purpose
Adventurousness	Excellence	Professionalism
Authenticity	Excitement	Progress
Ambition	Exploration	Reliability
Assertiveness	Expressiveness	Resourcefulness
Bliss	Fairness	Relationships
Balance	Faith	Risk
Belonging	Freedom	Security
Boldness	Fulfillment	Self Actualization
Calmness	Gratitude	Self-control
Carefulness	Greatness	Self Improvement
Celebration	Generosity	Service
Certainty	Giving	Sharing
Challenge	Goodness	Significance
Change	Growth	Selflessness
Clear-Mindedness	Health	Self-Worth
Commitment	Hard Work	Spontaneity
Community	Honesty	Stability
Compassion	Hope	Teamwork
Connection	Humility	Temperance
Consistency	Independence	Thoroughness
Contentment	Ingenuity	Timeliness
Contribution	Identity	Tolerance
Creativity	Integrity	Traditionalism
Decisiveness	Increase	Trustworthiness
Dependability	Justice	Truth
Determination	Knowledge	Uncertainty
Devoutness	Leadership	Understanding
Diligence	Legacy	Uniqueness
Discipline	Love	Unity
Discretion	Loyalty	Variety
Diversity	Obedience	Vision
Effectiveness	Openness	Vitality

Note: Although this list of potential values is thorough, it is not necessarily complete. Please feel free to add to the list if required.

# DEFINING STEPS

## Steps To Defining What They Are

There is 3 main period in your life you'll visit. Some have already happened and others have not. Let's find out what they are!

### **1. THE PAST: Who you were in the past.**

You want to round up experiences from your childhood mainly good one. Values are a stepping stone to alignment. When we are aligned we feel GOOD. So focus on finding the good. There are some values that have been rooted in us deeply from a young age. Those values may be based on religion, culture and your family upbringing. This about what excited you when you were a kid or growing up.

TAKE A MOMENT - LOOKING AT THE COMMON PERSONAL VALUES LIST AND WRITE DOWN 10 -20 EVENTS IN YOUR PAST THAT COME UP!

### **2. THE PRESENT: Whom you want to be in the present.**

In this moment, what do you love? Think about the good things that are present in your life. The people, your career life and the love you do have may it be friends, children or spouse. Perhaps it's the outdoors or your personal gifts and skills.

TAKE A MOMENT - LOOKING AT THE COMMON PERSONAL VALUES LIST AND WRITE DOWN 10 -20 EVENTS IN YOUR PRESENT THAT COME UP!

### **3. THE FUTURE: Whom you plan to be in the future.**

Where are you going and what core values do you need to guide you to get there. What part of who you are, are you committed to extracting for your future? admiration counts! Let me explain why... we are what we see in others. We often find our reflection in people both good and bad. When we see good, it's a piece of us as well.

TAKE A MOMENT - LOOKING AT THE COMMON PERSONAL VALUES LIST AND WRITE DOWN 10 -20 EVENTS IN YOUR VISION FOR YOUR FUTURE THAT COME UP!

### **4. MY TOP 10 CORE VALUES: Focusing in on 10 specific values**

Find the common personal values in your past, present, and future and come up most often. Have an alignment check about them and see if they spark something in you. Then pick your TOP 10!

# NOTES:

Jot Your Answers Down Here



**1. THE PAST: Who you were in the past.**



## **2. THE PRESENT: Whom you want to be in the present.**



**3. THE FUTURE: Whom you plan to be in the future.**

# MY TOP 10:

Focusing In On 10 Core Values



## 4. MY TOP 10 CORE VALUES: Focusing in on 10 specific values

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_