

IDENTIFYING YOUR CORE VALUES

WHY DOES IT MATTER?

Understanding our values, identifying them and living life with them in mind influences the decisions we make and ultimately how our life turns out.

EXAMPLES OF VALUES

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

IDENTIFYING 5 CORE VALUES

This is an exercise with some prompts to take you through the whole process of identifying your core values.

What time in your life were you the happiest?

• Who was around you? • What were you doing

with your days? • What values or

conflict of values caused these feelings?

• Who was around you? • What were

you doing

When in your life did you feel the most fulfilled or proud?

with your days? • What values or

conflict of values caused

these feelings?

What in your life did you struggle with the most?

• Who was around you? • What were you

doing with your days? • What values or

conflict of values caused these feelings?

Who do you admire?

These may be people you know personally or not.

Why do you admire them and what values do they embody?

5 CORE VALUES
