



Finding Your Core Values



Knowing your core values can help you find increased meaning and direction for all areas of your life.

You've already got them and you're already living them, but if you haven't clearly delineated them and consciously decided which ones are the most important to you, then it's easy to feel tossed around and muddled by the emotional winds of your surroundings.

When you've picked out your 5 most important core values, you'll be able to take a pause before any decision and ask yourself if your choice is in line with what's most important to you in life or not.

You'll also be able to return to your core values when you need inspiration (such as setting goals for any aspect of your personal or professional life!)

Are You Ready?

- Go through the list of values below and pick out 20 that really resonate with you.
- Narrow down those 20 values to the 10 most important.
- Narrow down those 10 values to the 5 most important.

- Decide what is their order of importance. Which of the 5 is least important, which is most important, etc.
- Do some creative journaling/brainstorming with your 5 most important core values. Get down what each of those values means to you. (“Beauty” might mean having an attractive personal appearance to one person and it might mean surrounding oneself with beauty to another and maybe creating beauty to someone else. Or it may even mean all 3!)
- Come back to your list of core values whenever you’re making a decision. Ask yourself: “Is this in line with those 5 most important things?”



Core Values..

Acceptance	Competition	Happiness
Accomplishment	Connection	Harmony
Achievement	Contribution	Health
Acknowledgement	Control	Helping Others
Adventure	Creativity	Honesty
Altruism	Discovery	Humour
Ambition	Drama	Imagination
Appreciation	Equality	Independence
Attention	Excellence	Influence
Authenticity	Excitement	Intellect
Authority	Expertise	Intimacy
Autonomy	Fairness	Intuition
Balance	Faith	Justice
Beauty	Fame	Kindness
Belonging	Family	Leadership
Challenge	Fast Pace	Learning
Choice	Financial Rewards	Love
Collaboration	Focus	Loyalty
Commitment	Freedom	Making a Difference
Community	Friendship	Nature
Compassion	Fun	Nurturing

Order	Responsibility	Success
Passion	Results	Teaching
Peace	Risk Taking	Team Work
Personal Growth	Romance	Tolerance
Power	Routine	Tradition
Privacy	Security	Travel
Productivity	Self Expression	Trust
Promotion Prospects	Service	Variety
Reaching Potential	Sharing	Winning
Recognition	Solitude	Wisdom
Respect	Spirituality	Zest for Life
	Status	