

## Core Values Exercise

Your values are things, ideas or ways of being that are important to you; they define who you are, what you stand for and guide your decisions and behaviors. Core values are the ones *most* important to you. Knowing your core values can help you make decisions based upon what's most important to you. The following exercise will help clarify your core values by highlighting some and removing others. The selection process does not mean removed values are not important, but helps determine which ones are your core values.

### Instructions:

1. Review the list of values below and put a check mark in front of the ones that most accurately reflect who you are and what is important to you. Use the blank spaces at the end to add any values that are important to you, but are not listed.
2. Narrow the list to your top **10** values by crossing off less important ones. Consider which values are more noticeable in how you spend your time, what you're interested in and how you make decisions. Choose the ones that resonate most strongly.
3. Next, narrow the list to your top **five**, using the same process.
4. Finally, choose your top **three** values and write them below; these are your **core values**.

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Achievement   | <input type="checkbox"/> Empathy        | <input type="checkbox"/> Integrity         | <input type="checkbox"/> Risk            |
| <input type="checkbox"/> Adventure     | <input type="checkbox"/> Excellence     | <input type="checkbox"/> Justice           | <input type="checkbox"/> Safety          |
| <input type="checkbox"/> Authenticity  | <input type="checkbox"/> Fairness       | <input type="checkbox"/> Leadership        | <input type="checkbox"/> Security        |
| <input type="checkbox"/> Balance       | <input type="checkbox"/> Faith          | <input type="checkbox"/> Learning          | <input type="checkbox"/> Self-control    |
| <input type="checkbox"/> Beauty        | <input type="checkbox"/> Fame           | <input type="checkbox"/> Leisure           | <input type="checkbox"/> Self-expression |
| <input type="checkbox"/> Caring        | <input type="checkbox"/> Family         | <input type="checkbox"/> Listening         | <input type="checkbox"/> Simplicity      |
| <input type="checkbox"/> Challenge     | <input type="checkbox"/> Flexibility    | <input type="checkbox"/> Love              | <input type="checkbox"/> Spirituality    |
| <input type="checkbox"/> Compassion    | <input type="checkbox"/> Friendship     | <input type="checkbox"/> Loyalty           | <input type="checkbox"/> Status          |
| <input type="checkbox"/> Competition   | <input type="checkbox"/> Fun            | <input type="checkbox"/> Passion           | <input type="checkbox"/> Success         |
| <input type="checkbox"/> Confidence    | <input type="checkbox"/> Generosity     | <input type="checkbox"/> Patience          | <input type="checkbox"/> Teamwork        |
| <input type="checkbox"/> Consistency   | <input type="checkbox"/> Gratitude      | <input type="checkbox"/> Peace             | <input type="checkbox"/> Thrift          |
| <input type="checkbox"/> Courage       | <input type="checkbox"/> Happiness      | <input type="checkbox"/> Perseverance      | <input type="checkbox"/> Trust           |
| <input type="checkbox"/> Civility      | <input type="checkbox"/> Harmony        | <input type="checkbox"/> Physical Activity | <input type="checkbox"/> Truth           |
| <input type="checkbox"/> Creativity    | <input type="checkbox"/> Health         | <input type="checkbox"/> Play              | <input type="checkbox"/> Wealth          |
| <input type="checkbox"/> Curiosity     | <input type="checkbox"/> Helping others | <input type="checkbox"/> Power             | <input type="checkbox"/> Wisdom          |
| <input type="checkbox"/> Decisiveness  | <input type="checkbox"/> Honesty        | <input type="checkbox"/> Productivity      | <input type="checkbox"/> Work            |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Honor          | <input type="checkbox"/> Punctuality       | <input type="checkbox"/> _____           |
| <input type="checkbox"/> Discipline    | <input type="checkbox"/> Hope           | <input type="checkbox"/> Recognition       | <input type="checkbox"/> _____           |
| <input type="checkbox"/> Diversity     | <input type="checkbox"/> Humility       | <input type="checkbox"/> Relationships     | <input type="checkbox"/> _____           |
| <input type="checkbox"/> Duty          | <input type="checkbox"/> Humor          | <input type="checkbox"/> Respect           | <input type="checkbox"/> _____           |
| <input type="checkbox"/> Education     | <input type="checkbox"/> Independence   | <input type="checkbox"/> Responsibility    |  |

### My three core values are:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_