

Discovering Your Core Values



You already have values, you just might not have taken the opportunity to allow those that are most important to rise to the surface of your consciousness. This exercise will help you to identify what YOU really care about most, so that you can prioritize your energy and attention in ways that support how you're looking to show up for your life each day. This information will guide you to live more authentically, from which true happiness is derived.

"Happiness is when what you think, what you say, and what you do are in harmony." - Mahatma Gandhi

To add perspective and help warm up your thinking, let's start thinking about what you value in others.

Who do I respect most in life, and what top three values have you observed them modeling?

Think about your best friend. What are the top three things about them that you most appreciate?

What are the three most important values you would like to pass on to your children?

If you were to impart your best wisdom on a graduating class, what would you encourage them to value in order to achieve the most fulfilling life?

If you were able to observe the conversations at your funeral, what values do you hope others would recognize as having directed your life?

Review your answers above. Are you starting to notice any recurring themes here? Feel free to place stars next to emerging patterns.

List the top ten qualities that you think the "ideal" man or woman would have.

Now, what about you - what is important enough to you to make your list of top 10 values?

Unfortunately, if you attempt to focus on too many values, you can end up over-striving, unable to actively give your attention to any of them. For this reason, you're going to have to pare them down to your top three to make them actionable. Consider what you appreciate about others, what others appreciate about you, and what you would want for others. Argue the finer points between these values with yourself, determining which are really more important and eliminating the rest, no matter how painful it may be. If two of your ideas are similarly themed, you may combine them.

List your top three core values in your life:

1. _____
2. _____
3. _____

Here's a list of common values that you can use for inspiration!

Abundance	Competition	Expressiveness	Intelligence	Precision
Acceptance	Concentration	Fairness	Intensity	Preparedness
Accountability	Confidence	Faith	Intimacy	Presence
Accomplishment	Connection	Fame	Intuitiveness	Preservation
Accuracy	Consciousness	Family	Inventiveness	Privacy
Achievement	Consistency	Fidelity	Investing	Proactivity
Acknowledgment	Contentment	Flexibility	Joy	Progress
Adaptability	Contribution	Focus	Justice	Prosperity
Adventure	Control	Forgiveness	Kindness	Punctuality
Affection	Conviction	Fortitude	Knowledge	Quality
Aggressiveness	Cooperation	Freedom	Laughter	Quiet
Agility	Courage	Friendship	Leadership	Recognition
Alertness	Courtesy	Frugality	Learning	Relationships
Altruism	Creativity	Fun	Liberty	Reliability
Ambition	Curiosity	Generosity	Logic	Resourcefulness
Anticipation	Daring	Giving	Longevity	Respect
Appreciation	Decisiveness	Goodness	Love	Responsibility
Assertiveness	Delight	Grace	Loyalty	Righteousness
Attentiveness	Dependability	Gratitude	Making a difference	Risk-taking
Audacity	Determination	Growth	Mastery	Romance
Awareness	Devotion	Guidance	Maturity	Safety
Balance	Dignity	Happiness	Meaning	Security
Beauty	Diligence	Hard work	Merit	Selflessness
Belonging	Discipline	Harmony	Mindfulness	Seriousness
Blissfulness	Discovery	Health	Modesty	Service
Boldness	Discretion	Helpfulness	Money	Simplicity
Bravery	Diversity	Heroism	Motivation	Sincerity
Brilliance	Drive	Holiness	Nonviolence	Speed
Calmness	Duty	Honesty	Openness	Spirituality
Candor	Education	Honor	Opportunity	Stability
Caring	Effectiveness	Hopefulness	Optimism	Strength
Certainty	Efficiency	Hospitality	Order	Style
Challenge	Elegance	Humility	Organization	Teamwork
Change	Empathy	Humor	Originality	Timeliness
Charity	Encouragement	Imagination	Passion	Tolerance
Cheerfulness	Endurance	Impact	Peace	Tradition
Clarity	Energy	Improvement	Perceptiveness	Tranquility
Cleanliness	Enjoyment	Independence	Perseverance	Trust
Collaboration	Enthusiasm	Influence	Persistence	Truth
Comfort	Equality	Ingenuity	Personal growth	Unity
Commitment	Excellence	Inner peace	Pleasure	Variety
Communication	Excitement	Innovation	Poise	Wellbeing
Community	Experience	Insightfulness	Positivity	Wisdom
Compassion	Expertise	Inspiration	Power	
Competence	Exploration	Integrity	Practicality	