



## CORE VALUES EXERCISE

In order to maneuver life, we need some sort of compass. That's where core values come in. Our values guide us through life.

Be aware of what you value and you'll be swift and focused in making decisions from the heart; otherwise, you will constantly wonder why you are unhappy and why you always get yourself in a mess.

Values help us become the person we want to be. Values give meaning and purpose to our lives. When we don't live by our values, we end up living by someone else's.

*Your beliefs become your thoughts,  
 Your thoughts become your words,  
 Your words become your actions,  
 Your actions become your habits,  
 Your habits become your values,  
 Your values become your destiny.*

—Mahatma Gandhi

**1. Determine your core values.** From the list below, choose and write down every core value that resonates with you. Do not overthink your selection. As you read through the list, simply write down the words that resonate with you. If you think of a value you possess that is not on the list, write it down.

Abundance	Dedication	Kindness	Professionalism
Acceptance	Dependability	Knowledge	Punctuality
Accountability	Diversity	Leadership	Relationships
Achievement	Empathy	Learning	Reliability
Adventure	Encouragement	Love	Resilience
Advocacy	Enthusiasm	Loyalty	Resourcefulness
Ambition	Ethics	Making a Difference	Responsibility
Appreciation	Excellence	Mindfulness	Responsiveness
Attractiveness	Expressiveness	Motivation	Security
Autonomy	Fairness	Optimism	Self-Control
Balance	Family	Open-Mindedness	Selflessness
Being the Best	Friendships	Originality	Simplicity
Benevolence	Flexibility	Passion	Stability
Boldness	Freedom	Performance	Success
Brilliance	Fun	Personal Development	Teamwork
Calmness	Generosity	Proactive	Thankfulness



Caring	Grace	Professionalism	Thoughtfulness
Challenge	Growth	Quality	Traditionalism
Charity	Flexibility	Recognition	Trustworthiness
Cheerfulness	Happiness	Risk Taking	Understanding
Cleverness	Health	Safety	Uniqueness
Community	Honesty	Security	Usefulness
Commitment	Humility	Service	Versatility
Compassion	Humor	Spirituality	Vision
Cooperation	Inclusiveness	Stability	Warmth
Collaboration	Independence	Peace	Wealth
Consistency	Individuality	Perfection	Well-Being
Contribution	Innovation	Playfulness	Wisdom
Creativity	Inspiration	Popularity	Zeal
Credibility	Intelligence	Power	
Curiosity	Intuition	Preparedness	
Daring	Joy	Proactivity	
Decisiveness			

**2. From the list of values you just created, group similar values together.** Group them in a way that makes sense to you. Create a maximum of five groupings. If you have more than five groupings, drop the least important ones. See example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

**3. Choose one word from each group that represents the entire group.** Do not overthink your labels—there are no right or wrong answers. See example below; the labels chosen for each group are in bold letters.



Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	<b>Happiness</b>
Security	Intuition	Thoughtfulness	Spirituality	Humor
<b>Freedom</b>	Kindness	<b>Mindfulness</b>	<b>Well-being</b>	Inspiration
Independence	Love			Joy
Flexibility	<b>Making a Difference</b>			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

**4. Add a verb to each value** so you can see what it looks like as an actionable core value.

Examples:

Live in freedom.

Seek opportunities for making a difference.

Act with mindfulness.

Promote well-being.

Multiply happiness.

This will guide you in your actions and help you live a life with purpose.

**5. Finally, write down your core values in order of priority.** Refer to them when you need to make decisions.

Examples:

1. Live in freedom.

2. Act with mindfulness.

3. Promote well-being.

4. Multiply happiness.

5. Seek opportunities for making a difference.

**Note:** This Core Values Exercise was adapted from “5 Easy Steps to Determining and Living Your Core Values” by Barb Philips