

Core Values Exercise



Use this list of over 150 values words to help identify the terms that best resonate for you. You may add your own words at the end of the list.

Part 1: Identify, Define, and Rank your Core Values

1. Begin by checking off the words that best represent *principles, standards, or qualities* you consider worthwhile or desirable -- those you believe to be important in your life.
2. If the initial pass yields a number greater than 7 or 8, do a second pass. Notice where you have chosen words that support a similar concept. Decide which word in those groupings BEST captures what you value (e.g. honesty, integrity, ethics: which best captures the other two for you?).
3. Once you have narrowed your list to 7-8, pull them to the list below.
4. Now, rank them in order of importance. In other words, when you encounter a conflict in values (it happens!), which will you honor OVER another?
If you get stuck around the ranking, try this first: for each of your "finalists," write out a full sentence or two of definition – YOUR definition of that value. Once you have defined each word fully, return to ranking them.
5. The value that rises up the most often you should rank #1, the next #2, and so on.

Priority/Rank	My Finalists

Part 2: Integrate your Values into your life so you live them fully

- Post your values where you will see them daily. When you know your core values by heart, you 'own' them and can use them in stress situations.
- Use your values as a Filter for all decisions that impact you personally. Notice when you are making a decision that is out of alignment with one of your values. That internal "tug" you feel? That might be your conscience saying, "hey, what's up with that?"



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|---|--|--|
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Awareness | <input type="checkbox"/> Consciousness |
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Beauty | <input type="checkbox"/> Consideration |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Being | <input type="checkbox"/> Constancy |
| <input type="checkbox"/> Acquisition | <input type="checkbox"/> Bliss | <input type="checkbox"/> Contentment |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Calm | <input type="checkbox"/> Contribution |
| <input type="checkbox"/> Alignment | <input type="checkbox"/> Charity | <input type="checkbox"/> Cooperation |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Coach | <input type="checkbox"/> Courage |
| <input type="checkbox"/> Amusement | <input type="checkbox"/> Community | <input type="checkbox"/> Create |
| <input type="checkbox"/> Assistance | <input type="checkbox"/> Compassion | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Attractiveness | <input type="checkbox"/> Comprehending | <input type="checkbox"/> Danger |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Connection | <input type="checkbox"/> Dare |

- | | | |
|---|--|---|
| <input type="checkbox"/> Delight | <input type="checkbox"/> Honor | <input type="checkbox"/> Radiance |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Hope | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Detection | <input type="checkbox"/> Humility | <input type="checkbox"/> Relatedness |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Imagination | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Direct | <input type="checkbox"/> Improvement | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Discovery | <input type="checkbox"/> Independence | <input type="checkbox"/> Reliability |
| <input type="checkbox"/> Discrimination | <input type="checkbox"/> Influence | <input type="checkbox"/> Religious/Religion |
| <input type="checkbox"/> Distinguish | <input type="checkbox"/> Information | <input type="checkbox"/> Resourcefulness |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Inner peace | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Economic Security | <input type="checkbox"/> Innovation | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Education | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Responsiveness |
| <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Instruction | <input type="checkbox"/> Risk |
| <input type="checkbox"/> Elegance | <input type="checkbox"/> Integrity | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Emotional Well-being | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Schooling |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Inventiveness | <input type="checkbox"/> Self-awareness |
| <input type="checkbox"/> Encourage | <input type="checkbox"/> Joy | <input type="checkbox"/> Self-worth |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> Justice | <input type="checkbox"/> Sensations |
| <input type="checkbox"/> Energy | <input type="checkbox"/> Kindness | <input type="checkbox"/> Sensuality |
| <input type="checkbox"/> Enlightenment | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Entertainment | <input type="checkbox"/> Laughter | <input type="checkbox"/> Service |
| <input type="checkbox"/> Environment | <input type="checkbox"/> Leadership | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Learning | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Ethics/Ethical | <input type="checkbox"/> Love | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Stimulation |
| <input type="checkbox"/> Experience | <input type="checkbox"/> Magnificence | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Experiment | <input type="checkbox"/> Mastery | <input type="checkbox"/> Strengthen |
| <input type="checkbox"/> Expertise | <input type="checkbox"/> Merriment | <input type="checkbox"/> Success |
| <input type="checkbox"/> Explain | <input type="checkbox"/> Nobility | <input type="checkbox"/> Superiority |
| <input type="checkbox"/> Exquisiteness | <input type="checkbox"/> Nurturance | <input type="checkbox"/> Support |
| <input type="checkbox"/> Facilitation | <input type="checkbox"/> Observation | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Order | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Organization | <input type="checkbox"/> Touch |
| <input type="checkbox"/> Fame | <input type="checkbox"/> Originality | <input type="checkbox"/> Tranquility |
| <input type="checkbox"/> Family | <input type="checkbox"/> Peace | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Feeling good | <input type="checkbox"/> Peacefulness | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Fitness | <input type="checkbox"/> Perception | <input type="checkbox"/> Truthfulness |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Personal | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Development | <input type="checkbox"/> Victory |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Play | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Generosity | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Grace | <input type="checkbox"/> Positive attitude | <input type="checkbox"/> Wholeness |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> Power | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Guidance | <input type="checkbox"/> Preparation | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Presence | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Harmony | <input type="checkbox"/> Proficiency | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Health | <input type="checkbox"/> Provider | |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Quest | |