



WHAT ARE MY CORE VALUES

Our Values Guide Everything We Do

Life is full of choices. Some are big choices which have huge consequences and others are small choices we make every day. However, most choices are guided by our values. They tell us what kind of person we are or aspire to be, who we want to work with and befriend. They tell us what we think is important in life and what is not. When we do not follow our values and let them guide us it takes a mental, emotional and spiritual toll on us and our work.

It's critical we therefore take time to discover what are our core values. Some values follow us throughout our lives and others come in and out depending on our life experience. The following questions are a guide for you to hone in on your core values and how they influence your life.



Finding Your Core Values

Step 1: Identify the times in your life when you were most fulfilled. What were you doing?

Step 2: Think about the happiest moments at work and home. What made you happy?

Step 3: As you look back at your life so far, what are you proudest about?



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Step 4. What makes you most frustrated and angry?

Step 5. Review the answers above and then look at the list of values provided below. Choose twelve which resonate most with you. After you have chosen them, take some time to reflect on them and rank them in order of importance.

VALUE	RANK
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	
VALUE	



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Step 6: List the five values ranked the highest.

RANK	VALUE
1	VALUE
2	VALUE
3	VALUE
4	VALUE
5	VALUE

Step 7: Reflect on what extent to these values guide your current actions at work and home? Are there any areas in your life that are not aligned with your core values? If so, how might you make any changes that would bring them into alignment?



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LIST OF VALUES

Abundance	Education	Leadership	Speed
Accessibility	Efficiency	Learning	Status
Accountability	Empathy	Logic	Stewardship
Accuracy	Empowerment	Love	Structure
Adaptability	Encouragement	Loyalty	Success
Adventure	Endurance	Maturity	Teamwork
Advocacy	Enthusiasm	Modesty	Thankfulness
Aesthetics	Equality	Open-mindedness	Thoroughness
Appreciation	Ethics	Optimism	Thoughtfulness
Approachability	Expertise	Order	Timeliness
Attentiveness	Exploration	Organization	Tolerance
Authenticity	Fairness	Originality	Toughness
Authority	Faith	Passion	Tradition
Autonomy	Faithfulness	Peace	Tranquility
Availability	Family	Persistence	Transparency
Balance	Fearlessness	Playfulness	Trustworthiness
Beauty	Flexibility	Pleasure	Truth
Boldness	Focus	Power	Understanding
Bravery	Freedom	Precision	Uniqueness
Calmness	Friendship	Privacy	Unity
Carefulness	Fun	Proactive	Valor
Caring	Generosity	Productivity	Variety
Challenge	Gratitude	Professionalism	Versatility
Charity	Growth	Punctuality	Vision
Commitment	Happiness	Quality	Warmth
Community	Hard work	Rationality	Wealth
Compassion	Harmony	Reliability	Well-Being
Competency	Health	Resilience	Wisdom
Consistency	Honesty	Resourcefulness	Wonder
Conviction	Hopefulness	Restraint	Zeal
Cooperation	Hospitality Humility	Respect	
Courage	Humor	Responsiveness	
Courtesy	Imagination	Rigor	
Creativity	Impartiality	Risk	
Curiosity	Inclusiveness	Security	
Daring	Independence	Service	
Decisiveness	Individuality	Spirituality	
Dependability	Innovation	Stability	
Determination	Inquisitiveness	Self-Control	
Directness	Integrity	Self-reliance	
Discipline	Intelligence	Selflessness	
Discovery	Intuitiveness	Sensitivity	
Discretion	Joy	Simplicity	
Diversity	Justice	Spontaneity	
Drive	Kindness	Stability	