

## **Determining Your Core Values - Handout**

Our core values influence how we live our lives.

When we know our core values, making decisions becomes much easier and we live true to our purpose.

Everyone has their own set of personal core values. Whether you're aware of them or not, your personal values shape your relationships & determine your choices.

Going against your core values leads to frustration, and the feeling of being stuck or a situation being hopeless.

For instance, let's say you value freedom & travel, then having a 9-5 desk job & being on call over the weekend would not align with your values and cause you to feel confined, stress & possibly overwhelmed.

It is essential to know your core values so you can then effectively handle the various situations which may appear in your life and find peace within yourself.

### **Step 1**

From the list on Page 2, 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 feel like a core value to you personally.

If you think of a value you possess, that is not on the list, please write it down.

Abundance  
Acceptance  
Accountability  
Achievement  
Adventure  
Advocacy  
Ambition  
Appreciation  
Attractiveness  
Autonomy  
Balance  
Being the Best  
Benevolence  
Boldness  
Brilliance  
Calmness  
Caring  
Challenge  
Charity  
Cheerfulness  
Cleverness  
Collaboration  
Community  
Commitment  
Compassion  
Consistency  
Contribution  
Cooperation  
Creativity  
Credibility  
Curiosity  
Daring  
Decisiveness  
Dedication  
Dependability  
Diversity  
Empathy  
Encouragement  
Enthusiasm  
Ethics  
Excellence  
Expressiveness  
Fairness  
Family  
Flexibility

Friendships  
Freedom  
Fun  
Generosity  
Grace  
Growth  
Happiness  
Health  
Honesty  
Humility  
Humour  
Inclusiveness  
Independence  
Individuality  
Innovation  
Inspiration  
Intelligence  
Intuition  
Joy  
Kindness  
Knowledge  
Leadership  
Learning  
Love  
Loyalty  
Making a Difference  
Mindfulness  
Motivation  
Optimism  
Open-Mindedness  
Originality  
Passion  
Performance  
Personal  
Development  
Peace  
Perfection  
Playfulness  
Popularity  
Power  
Preparedness  
Proactivity  
Proactive  
Professionalism  
Punctuality

Quality  
Recognition  
Relationships  
Reliability  
Resilience  
Resourcefulness  
Responsibility  
Responsiveness  
Risk Taking  
Safety  
Security  
Self-Control  
Selflessness  
Service  
Simplicity  
Spirituality  
Stability  
Success  
Teamwork  
Thankfulness  
Thoughtfulness  
Traditionalism  
Trustworthiness  
Understanding  
Uniqueness  
Usefulness  
Versatility  
Vision  
Warmth  
Wealth  
Well-Being  
Wisdom  
Zeal

## Step 2

Now group all the similar values together for the list you have created

Group them in a way that makes sense to you, personally.

Create a maximum of five groupings.

If you have more than five groupings, drop the least important grouping(s).

See the example below.

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

## Step 3

No Choose One Word Within Each Group that Represents the Label for the Entire Group

Again, do not overthink your labels – there are no right or wrong answers.

You are defining the answer that is right for you.

See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	<b>Happiness</b>
Security	Intuition	Thoughtfulness	Spirituality	Humour
<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				

## **Step 4**

Add a Verb to Each Value Label

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

For example:

**Live in freedom.**

**Seek opportunities for making a difference.**

**Act with mindfulness.**

**Promote well-being.**

**Multiply happiness.**

This will guide you in the actions you need to take to feel like you are truly living on purpose.

## **Step 5**

**Finally, Post Your Core Values Where You See Them when Faced with Decisions**

Where should you post them?

Write your core values in order of priority in your planner, so they are available as an easy reference when you are faced with decisions.

Put them on a sticky on the edge of your computer screen.

Or make a background with them on it for your cell phone. For example:

1. Live in freedom.
2. Act with mindfulness.
3. Promote well-being.
4. Multiply happiness.
5. Seek opportunities for making a difference.

## **Now Live Your Core Values!**

“If we can get to the place where we show up as our genuine selves, and let each other see who we really are, the awe-inspiring ripple effect will change the world” - Terrie M. Williams

The most important thing you can do for your personal success today is to know your core values and use them as your guide.

Knowing your core values is incredibly important, because when you need to choose or decide on something, you can do so easily by simply determining if the choice lines up with, your true core values.

A life lined-up with your personal values is a life well-lived, and purpose-filled.

**“Values are like lighthouses; they are signals giving us direction, meaning and purpose.”**

Hi Friend,  
I hope you found this handout helpful!

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