

Four-Step Personal Core Values Exercise

Purpose: Much like your workplace or company core values, you have a set of internal guidelines you use, consciously or subconsciously, to evaluate your comfort or satisfaction with different circumstances or to assess behavior choices. This exercise will help you clarify and articulate those values, making it easier to check in with your circumstances periodically to ensure that you are being true to what you value most.

1. Pick 30 words from the list below and write them down. If there's a value you don't see expressed here, go ahead and write it down.

Accomplishment	Determination	Honor	Perfection
Abundance	Discipline	Improvement	Perseverance
Accountability	Discovery	Independence	Persistence
Accuracy	Diversity	Individuality	Personal Growth
Achievement	Education	Initiative	Personal health
Adventure	Efficiency	Inner peace	Pleasure
Approval	Environment	Innovation	Power
Autonomy	Equality	Integrity	Practicality
Balance	Excellence	Intelligence	Preservation
Beauty	Exploration	Intensity	Privacy
Challenge	Fairness	Intimacy	Problem solving
Change	Faith	Intuition	Professionalism
Clarity	Faithfulness	Joy	Progress
Cleanliness/ orderliness	Family	Justice	Prosperity
Collaboration	Flair	Knowledge	Punctuality
Commitment	Flexibility	Leadership	Purpose
Communication	Forgiveness	Learning	Straightforwardness
Community	Freedom	Love	Strength
Compassion	Friendship	Loyalty	Success
Competence	Frugality	Meaning	Systemization
Competition	Fulfillment	Merit	Team work
Concern for others	Fun	Moderation	Timeliness
Confidence	Generosity	Modesty	Tolerance
Connection	Genuineness	Money	Tradition
Conservation	Goodwill	Nature	Tranquility
Content over form	Goodness	Nurturing	Trust
Cooperation	Gratitude	Obedience	Truth
Coordination	Hard work	Open-mindedness	Unity
Creativity	Harmony	Openness	Variety
Credibility	Healing	Optimism	Vitality
Decisiveness	Holistic living	Patriotism	Wealth
Democracy	Honesty	Peace, Non-violence	Wisdom

Your second step is to narrow down your list to the 10 core values you consider most important -- that you can't live without in life -- and write them below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Your third step is to now to narrow down your list to the 5 core values you consider most important -- that you can't live without in life -- and write them below:

1. _____
2. _____
3. _____
4. _____
5. _____

Now, see if you can narrow these down to 3 core values you consider most important.

It's very helpful to use these 3 to evaluate your personal and work life from time to time. Your values may change as your life circumstances do.

1. _____
2. _____
3. _____