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**Core Values Exercise**

**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 feel like a core value to you personally. If you think of a value you possess that is not on the list, 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 Community Commitment Compassion Cooperation Collaboration Consistency Contribution Creativity Credibility Curiosity  Daring Decisiveness |  | Dedication  Dependability Diversity Empathy Encouragement Enthusiasm Ethics Excellence Expressiveness Fairness Family Friendships Flexibility Freedom  Fun Generosity Grace Growth Flexibility Happiness Health Honesty Humility Humor 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 Proactive Professionalism Quality  Recognition Risk Taking Safety Security Service Spirituality Stability Peace Perfection Playfulness Popularity Power Preparedness Proactivity |  | Professionalism  Punctuality Relationships Reliability Resilience Resourcefulness Responsibility Responsiveness Security  Self-Control Selflessness Simplicity Stability Success Teamwork Thankfulness Thoughtfulness Traditionalism Trustworthiness Understanding Uniqueness Usefulness Versatility Vision  Warmth Wealth Well-Being Wisdom Zeal |
|  | | | | | | |

**Group all similar values together from the list of values you just 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 | Humor | |
| Freedom | Kindness | | Mindfulness | Well-being | Inspiration | |
| Independence | Love | |  |  | Joy | |
| Flexibility | Making a  Difference | |  |  | Optimism | |
| Peace | Open-Mindedness | |  |  | Playfulness | |
|  | Trustworthiness | |  |  |  | |
|  | Relationships | |  |  |  | |
| *Insert your lists here:* | | | | | | | |
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3. **Choose one word within each grouping that represents the label for the entire group and circle it.** 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 | **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 |  |  |  |

*Write your ordered list here:*

1. **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.

*Write your phrases here:*

Use these statements to help remind you and guide you to live more purposefully.

1. **Finally, write your core values in order of priority below. Post this list somewhere they are available as an easy reference when you are faced with decisions.** For example:
   1. Live in freedom.
   2. Act with mindfulness.
   3. Promote well-being.
   4. Multiply happiness.
   5. Seek opportunities for making a difference.

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[www.MyGoalmachine.com](http://www.MyGoalmachine.com) - +1(721) 522 5121 – SaganSpeaks@MyGoalmachine.com