



Core Values Exercise: Determining Your Core Values

Step 1: Identify Important Personal Values

Level set: this exercise is designed to be guided self-reflection. You will identify multiple values that have varying levels of importance to you – that is point! Do not overthink your answers, go with your initial reaction.

Take Action: from the list of values below, select/circle all values that resonate with you (feel important). If there are any values you feel are missing that you feel connected to, please write those in the space provided. Once complete, please pause for further direction.

Resources: if you would like to read the definition of any value word, reference the attached definitions sheet.

Values

Abundance	Dignity	Joy	Responsibility
Acceptance	Diversity	Justice	Responsiveness
Accountability	Empathy	Kindness	Safety
Achievement	Emotional Well-Being	Knowledge	Security
Adventure	Encouragement	Leadership	Self-Control
Advocacy	Ethics	Learning	Selflessness
Aesthetics	Excellence	Love	Service
Altruism	Family	Loyalty	Simplicity
Ancestry	Flexibility	Mindfulness	Spirituality
Autonomy	Freedom	Motivation	Stability
Balance	Fun	Optimism	Success
Boldness	Generosity	Originality	Teamwork
Calmness	Grace	Passion	Thankfulness
Challenge	Happiness	Perfection	Thoughtfulness
Charity	Harmony	Performance	Traditionalism
Cheerfulness	Health	Playfulness	Trustworthiness
Community	Honesty	Pleasure	Understanding
Competency/Skill	Honor	Physical Appearance	Uniqueness
Consistency	Humility	Popularity	Usefulness
Control/Influence	Humor	Power	Versatility
Creativity	Inclusiveness	Proactive	Vision
Credibility	Independence	Professionalism	Wealth
Curiosity	Individuality	Quality	Well-Being
Decisiveness	Innovation	Recognition	Wisdom
Dedication	Inspiration	Relationships	
Dependability	Intelligence	Resilience	
Development	Intuition	Resourcefulness	

Step 2: Group Selected Values

Take Action: group all similar values together from the list of values you selected above. Group values in a way that makes sense to you – there is no wrong answer.

Grouping: You are limited to having only 5 groups. If you end up with more than 5 groups, please determine and drop the groups that are least important to you, until you are left with your top 5 groups.

Group 1:	Group 2:	Group 3:	Group 4:	Group 5:

Step 3: Label Value Groups

Take Action: for each group (exercise 2), choose one word/value that best represents the entire set of values in the group. Do not overthink your answers. The decision is personal, and should be decided based off of what feels right to you. Once you have selected the most appropriate value, write it space provided below – that correlates to the correct group.

Group 1 Label: _____

Group 2 Label: _____

Group 3 Label: _____

Group 4 Label: _____

Group 5 Label: _____

Step 4: Reflection

Take Action: each group label from above is now the name of one of your personal core values. Take the time answer the following questions regarding each identified core value.

Core Value 1: _____

1. Why is this core value important to you?
2. How would you describe each of your core values to someone else?
3. What is one example of how these values influence my decisions or/and actions?

Core Value 2: _____

1. Why is this core value important to you?
2. How would you describe each of your core values to someone else?
3. What is one example of how these values influence my decisions or/and actions?

Core Value 3: _____

1. Why is this core value important to you?
2. How would you describe each of your core values to someone else?
3. What is one example of how these values influence my decisions or/and actions?

Core Value 4: _____

1. Why is this core value important to you?
2. How would you describe each of your core values to someone else?
3. What is one example of how these values influence my decisions or/and actions?

Core Value 5: _____

1. Why is this core value important to you?
2. How would you describe each of your core values to someone else?
3. What is one example of how these values influence my decisions or/and actions?

