



Core Values Exercise

Values are the beliefs and ways of being that are most important to us. Articulating our values helps us grow and develop. With a greater awareness of our values, we can live with more purpose and direction, make more deliberate choices, and create the future that we want to experience.

1. Explore your values.

Review the list of values below. Select and write down the values that resonate most with you – the values that feel most energizing and motivating. Feel free to add any other values that do not appear on the list.

Abundance	Daring	Inspiration	Power
Acceptance	Decisiveness	Intelligence	Preparedness
Accountability	Dedication	Intuition	Proactivity
Achievement	Dependability	Joy	Punctuality
Adventure	Diversity	Kindness	Relationships
Advocacy	Empathy	Knowledge	Reliability
Ambition	Encouragement	Leadership	Resilience
Appreciation	Enthusiasm	Learning	Resourcefulness
Attractiveness	Ethics	Love	Responsibility
Autonomy	Excellence	Loyalty	Responsiveness
Balance	Expressiveness	Making a difference	Security
Belonging	Fairness	Mindfulness	Self-control
Benevolence	Family	Motivation	Selflessness
Boldness	Friendships	Optimism	Simplicity
Brilliance	Flexibility	Open-mindedness	Stability
Calmness	Freedom	Originality	Teamwork
Caring	Fun	Passion	Thankfulness
Challenge	Generosity	Performance	Thoughtfulness
Charity	Grace	Personal Development	Traditionalism
Cheerfulness	Growth	Quality	Trustworthiness
Cleverness	Flexibility	Recognition	Understanding
Community	Happiness	Risk-taking	Uniqueness
Commitment	Harmony	Safety	Usefulness
Compassion	Health	Security	Versatility
Cooperation	Honesty	Service	Vision
Collaboration	Humility	Spirituality	Warmth
Consistency	Humor	Stability	Wealth
Contribution	Inclusiveness	Peace	Well-Being
Creativity	Independence	Playfulness	Wisdom
Credibility	Individuality	Popularity	Zeal
Curiosity	Innovation		

2. Group your values.

Group the list of values that you created into categories of similar concepts. (E.g., peace, harmony, stability, and balance could be combined under one category). Pay attention to which values are foundational (root values) and which values arise as a result of another value (branch value). Create a maximum of five groupings. If you have more than five groupings, remove the least important groupings. The more core values you end up with, the harder will be to prioritize what is most important.

3. Identify your core values.

Choose one word from each of the groupings that best represents the group. There is no right or wrong answer – go with the word that feels best to you.

4. Turn your core values into action.

Add a verb to each core value so that you can connect with your values in the form of actions and behaviors (e.g., build community, prioritize well-being).

5. Live your values.

Keep your core values close to you and revisit them often. Notice how your values are showing up in your daily life. In what ways are your thoughts, words, behaviors, and actions aligned with your values? Where are you noticing gaps between your values and how you are showing up? Where you find gaps, re-evaluate your list of values to ensure they still resonate with you, then consider how you might close any gaps to live in greater alignment with your core values.