Core Values Exercise

Use this list of over 150 values words to help identify the terms that best resonate for you. You may add your own words at the end of the list.

1. Begin by checking off the words that best represent principles, standards, or qualities you consider worthwhile or desirable -- those you believe to be important in your life.
2. If the initial pass yields a number greater than 7 or 8, do a second pass. Notice where you've chosen words that support a similar concept. Decide which word in those groupings BEST captures what you value (e.g. honesty, integrity, ethics: which best captures the other two for you?).
3. Once you have narrowed your list to 7-8, pull them to the list below.
4. Now, rank them in order of importance. In other words, when you encounter a conflict in values (it happens!), which will you honor OVER another? You might compare each value to every other value and say, which will rule? (tip: if you have 8 values, you'll have 28 pairings. If 7, you'll have 21 pairings).
5. If you get stuck around the ranking, try this first: for each of your “finalists,” write out a full sentence or two of definition – YOUR definition of that value. Once you've defined each word more fully, return to #4.
6. The value that rises up the most often you should rank #1, the next #2, and so on.
7. Post your values where you will see them daily.
8. Use your values as a Filter for all decisions that impact you personally. Notice when you are making a decision that is out of alignment with one of your values. That internal “tug” you feel? That might be your conscience saying, “hey, what's up with that?”

<table>
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<tr>
<th>Priority/Rank</th>
<th>My Finalists</th>
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☐ Acceptance    ☐ Bliss        ☐ Courage
☐ Accomplishment ☐ Calm         ☐ Create
☐ Achievement    ☐ Charity       ☐ Creativity
☐ Acquisition    ☐ Coach         ☐ Danger
☐ Adventure      ☐ Community     ☐ Dare
☐ Alignment      ☐ Compassion    ☐ Delight
☐ Altruism       ☐ Comprehending ☐ Dependability
☐ Amusement      ☐ Connection    ☐ Detection
☐ Assistance     ☐ Consciousness ☐ Dignity
☐ Attractiveness ☐ Consideration ☐ Direct
☐ Authenticity    ☐ Constancy     ☐ Discovery
☐ Awareness      ☐ Contentment  ☐ Distinction
☐ Beauty         ☐ Contribution  ☐ Distinguish
☐ Being          ☐ Cooperation  ☐ Diversity
Economic Security
Effectiveness
Elegance
Emotional Well-being
Empathy
Encourage
Encouragement
Energy
Enlightenment
Entertainment
Environment
Equality
Ethics/Ethical Excellence
Experience
Experiment
Expertise
Explain
Exquisiteness
Facilitation
Fairness
Faith
Fame
Family
Feeling good
Fitness
Freedom
Friendship
Fun
Generosity
Grace
Gratitude
Guidance
Happiness
Harmony
Health
Honesty
Honor
Hope
Humility
Imagination
Improvement
Independence
Influence
Information
Inner peace
Innovation
Inspiration
Instruction
Integrity
Intelligence
Inventiveness
Joy
Justice
Kindness
Knowledge
Laughter
Leadership
Learning
Love
Loyalty
Magnificence
Mastery
Merriment
Nobility
Nurturance
Observation
Order
Organization
Originality
Peace
Peacefulness
Perception
Personal Development
Play
Pleasure
Positive attitude
Power
Preparation
Presence
Proficiency
Provider
Quest
Radiance
Recognition
Relatedness
Relationships
Relaxation
Reliability
Religious/Religion
Resourcefulness
Respect
Responsibility
Responsiveness
Risk
Safety
Schooling
Self-awareness
Self-worth
Sensations
Sensuality
Serenity
Service
Simplicity
Spirituality
Stability
Stimulation
Strength
Strengthen
Success
Superiority
Support
Teaching
Tenderness
Touch
Tranquility
Trust
Truth
Truthfulness
Understanding
Victory
Vision
Wealth
Wholeness
Winning
Wisdom

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