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?"

Priority/Rank	My Finalists

- ☐ Acceptance
- ☐ Accomplishment
- ☐ Achievement
- ☐ Acquisition
- ☐ Adventure
- ☐ Alignment
- ☐ Altruism
- ☐ Amusement
- ☐ Assistance
- ☐ Attractiveness
- ☐ Authenticity
- ☐ Awareness
- ☐ Beauty
- ☐ Being

- ☐ Bliss
- ☐ Calm
- ☐ Charity
- ☐ Coach
- ☐ Community
- ☐ Compassion
- ☐ Comprehending
- ☐ Connection
- ☐ Consciousness
- ☐ Consideration
- ☐ Constancy
- ☐ Contentment
- ☐ Contribution
- ☐ Cooperation

- ☐ Courage
- ☐ Create
- ☐ Creativity
- ☐ Danger
- ☐ Dare
- ☐ Delight
- ☐ Dependability
- ☐ Detection
- ☐ Dignity
- ☐ Direct
- ☐ Discovery
- ☐ Discrimination
- ☐ Distinguish
- ☐ Diversity

- Economic Security
- Education
- 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
- _____
- _____