



My Core Values

What are your Core Values?

In order to attain balance, we need to identify what our core values are; aspects of our life that we must experience on almost an everyday basis in order to lead a fulfilling life.

Our core values highlight what we stand for. Core values guide our behaviors, decisions, and action. When you know what you value, you can live in accord with those values. This leads to greater fulfillment. When you don't know your values, potentially you may violate them on a regular basis. This creates internal tension. This tension triggers destructive habits and regressive behavior.

Below you will find a list of personal descriptors that will assist you in choosing your 8-10 Core Values.

Step 1. First select 20 words that you feel most represent your deepest motivators, your personal passion, and the major concepts that guide you in life; descriptors that seem most important and define who you are.

Step 2. After deciding upon your top 20, eliminate 10 words that seem repetitious or do not define you as well as the other words you have selected do.

Step 3. Next, rewrite each of the 10 words that you feel are truly your core values on the lines below.

Step 4. Lastly, identify 1, 2 or 3 ways that you express each core value daily, weekly and/or monthly.

Accessibility	Faith	Money	Self-reliance	Democracy	Rehabilitation
Accomplishment	Fame	Non-violence	Seriousness	Determination	Reliability
Accountability	Family	Nurturing	Service	Discipline	Resourcefulness
Accuracy	Fate	Openness	Sexuality	Discovery	Respect
Achievement	Fitness	Opportunity	Simplicity	Diversity	Responsibility
Adventure	Flair	Optimism	Sincerity	Duty	Responsiveness
Aspiration	Force	Patriotism	Skill	Education	Results-oriented
Attitude	Freedom	Peace	Solidarity	Efficiency	Risk-taking
Authenticity	Free will	Perfection	Speed	Empowerment	Rootedness
Authority	Fun	Performance	Spirit-in-life	Equality	Rule of law
Autonomy	Generosity	Persistence	Stability	Excellence	Safety
Beauty	Giving/charity	Personal growth	Standardization	Experience	Satisfying others
Challenge	Global view	Philosophy	Status	Expression	Security
Change	Goodness	Pioneer spirit	Strength	Fairness	Selfishness
Chastity/Purity	Gratitude	Pleasure	Style	Involvement	Wisdom
Cleanliness	Hard work	Popularity	Success	Joy	Recognition





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Collaboration	Harmony	Positive attitude	Support	Justice	Regularity
Commitment	Heroism	Power	Systemization	Knowledge	Integrity
Communication	Heritage	Practicality	Teamwork	Leadership	Intuition
Community	Honesty	Preservation	Tolerance	Learning	Customer
Competence	Honor	Prestige	Tradition	Leisure	Decisiveness
Competition	Hope	Pride	Tranquility	Love-romance	Creativity
Concern	Humor	Privacy	Trust	Love-care	Improvement
Conformity	Inclusiveness	Prosperity/wealth	Truth	Love-concern	Rationality
Courage	Influence	Punctuality	Utility	Loyalty	Wellness
Conviction	Inner peace	Purity	Variety	Meaning	Mobility
Cooperation	Innovation	Quality	Well-being	Merit	

Step 3: My Core Values:

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____
- 6: _____
- 7: _____
- 8: _____
- 9: _____
- 10: _____





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Step Four:

Identify one, two or three ways that you express each core value on a daily, weekly or monthly basis:

Core Value 1.. _____

Core Value 2: _____

Core Value 3: _____

Core Value 4: _____

Core Value 5: _____

Core Value 6: _____

Core Value 7: _____

Core Value 8: _____

Core Value 9: _____

Core Value 10: _____

