

# Core Compass Cards

As we welcomed the New Year, my 14-year-old daughter and I embarked on a creative and meaningful project: we designed a set of Core Value Cards. It started as a fun bonding activity, but it turned into something so much more impactful. On New Year's Day, we gathered the family together to share the cards and dive into conversations about our core values and how they shape our lives.

We took turns discussing the values that resonate most with each of us, reflecting on how they guide our decisions and actions. It was a heartwarming and eye-opening experience to hear what mattered most to each family member—and to see how our values overlap and differ. These discussions brought us closer, helping us understand and appreciate one another on a deeper level.

Why focus on core values? Because they are the foundation of who we are and how we navigate the world. They not only guide us in our personal lives but also carry through to how we approach our businesses, careers, and communities. For those of us with small businesses, aligning our personal values with our business values creates authenticity and clarity—both for ourselves and for the people we serve.

This experience was so rewarding that my daughter and I decided to share it with others. We've made the PDF of our Core Value Cards available for free on my blog. Whether you want to use them for self-reflection, family discussions, or to inspire your team at work, I hope they spark meaningful conversations and connections for you, too.

Start your year with clarity and purpose! Head over to my blog to download the cards and give them a try. Let me know how the experience goes for you—I'd love to hear your stories.

Wishing you a New Year filled with values-driven growth and connection!

## **IMPORTANT: Print Instructions:**

- Set pages to print to 2-13 to ensure this page is not printed. It will not print correctly otherwise.
- Set *Page Size* to "Fit"
- Check "Print on both sides of paper"
- Then click "Flip on short edge"
- We printed them on regular printer paper, laminated them, then cut them. If you do not want to laminated them, we suggest printing on a card stock.

## AUTHENTICITY



Being honest with yourself and others about who you are.

## ACHIEVEMENT



Attaining success according to your own standards.

## ADVENTURE



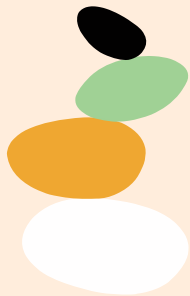
Seeking out new experiences, exploring and taking chances.

## AUTONOMY



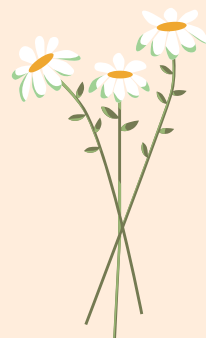
Desire to make your own decisions regarding your life.

## BALANCE



Finding the right blend of school/work, family and self-care responsibilities.

## BEAUTY



Surrounding yourself with beautiful things and always looking for the beauty in life.

## BOLDNESS



Willing to take risks for what is important to you.

## COMPASSION



Being motivated to relieve the pain in others.

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## CHALLENGE



Continually looking to push yourself mentally, physically or spiritually for growth.

## CITIZENSHIP



Working with your community to make positive changes to society

## COMMUNITY



Wanting to make connections and support others who share your interests.

## CONTRIBUTION



Playing a part in helping something important to advance.

## CREATIVITY



Being innovative problem solver and seeing possibilities.

## CURIOSITY



Digging deeper and asking questions for deeper understanding.

## DETERMINATION



Focusing on achieving goals even when it is difficult.

## FAIRNESS



Treating others justly.

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## FAITH



Having deep beliefs that guide you in life.

## FRIENDSHIPS



Spending time nurturing and enjoying relationships with others.

## FUN



Prioritizing enjoying life in everything you do.

## GROWTH



Using life's experiences to make positive changes in yourself.

## HAPPINESS



Creating a life that brings you joy.

## HONESTY



To always be truthful and expect the same from others.

## HUMOR



Finding humor in the everyday and adding humor to your life.

## HEALTH



Prioritizing your physical and mental well-being.

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## INNER HARMONY



Striving for internal balance regardless of the circumstance.

## JUSTICE



Recognizing and upholding fairness and equality in all interactions.

## KINDNESS



Being friendly, considerate and generous to yourself and others

## KNOWLEDGE & LEARNING



Striving to constantly learn.

## LEADERSHIP



Guiding, empowering and developing success in others.

## LOVE



Bringing empathy, compassion, and understanding to all relationships.

## LOYALTY



Being faithful to a person, group or idea.

## MEANINGFUL WORK



Choosing to do work that gives you a sense of purpose and fulfillment.



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## OPEN-MINDEDNESS



Accepting of different ways of living, thinking and working.

## OPTIMISM



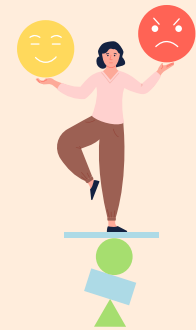
Looking for the positive in life even when things go wrong.

## PEACE



Staying grounded and calm even when faced with adversity.

## POISE



Always having a sense of grace and composure even when experiencing difficulties.

## RELIGION



Prioritizing practicing your religion and contributing to your place of worship.

## RESPECT



Honoring the feelings, wishes, rights and traditions of others.

## RESPONSIBILITY



Accepting what is expected of you and carrying it out to the best of your ability

## SELF-RESPECT



Knowing your worth, and making choices and setting boundaries that enable you to keep your dignity.

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## SERVICE



Putting others before yourself and taking action to help others.

## SPIRITUALITY



Prioritizing a sense of connection to something bigger than yourself.

## SUCCESS



Accomplishing your goals in all aspects of your life.

## TRUSTWORTHINESS



Always behaving in a way to attract people's trust and confidence.

## WEALTH



Obtaining material or nonmaterial success.

## WISDOM



Using your experience and obtained knowledge to make good decisions.

### How to use your Core Compass Cards:

#### Step 1: Explore The Values

Shuffle the deck and read through each card. As you go, sort the cards into three piles: Most Important, Somewhat Important, Less Important

#### Step 2: Narrow It Down

Take the cards from your Most Important pile and narrow them down to your top 5-7 values. Consider why each value resonates with you. Think about how they appear in your daily life or influence your decisions.

#### Step 3: Reflect

Arrange your selected cards in order of priority.

Ask yourself:

Am I living in alignment with these values?  
Are there values I want to prioritize more?  
What actions can I take to honor these values?

### Tips for Success:

- There are no right or wrong answers—your values are uniquely yours.
- Be honest with yourself, even if some values surprise you.
- Repeat this activity periodically to stay connected to what matters most.

### Optional Activities:

Journal: Write about why these values matter to you and how they impact your life.

Group Discussion: Share your top values with a friend or group and discuss how they influence your choices.

Revisit: Use the cards regularly to check in and see if your values have shifted over time.

**Enjoy the journey of self-discovery and living a value-centered life!**

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