

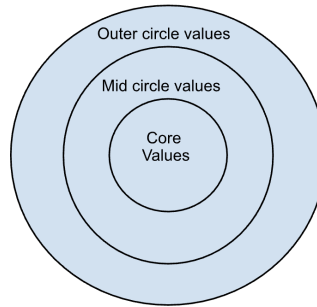


~ Narrow in on YOUR core values ~

Below is a list of values to use as a jumping off point as you narrow in on **yours**. If you hold values that are not listed, please do not feel limited by this list. This is an exercise intended to ground yourself in your own core values so that you can use them as a lens through which to make decisions, stay true to who you are, and develop more intentional awareness around what drives and / or rubs you.

As you go through this list, try to narrow down your top 10. And then your top 6. And then your top 3. You will end with an inner circle (3 core values), a med circle (3 secondary values), and an outer circle (your originally selected 10 values).

Once you have completed this exercise, you have values core to you, which you can cross-reference with your organizational values and the values of others to drive towards better working dynamics, relationships, and awareness.



Authenticity	Concentration	Fairness
Accountability	Confidence	Faith
Acceptance	Connection	Fame
Achievement	Consistency	Family
Adventure	Cooperation	Fearlessness
Agility	Courage	Financial
Altruism	Challenge	-stability
Ambition	Citizenship	Fitness
Appreciation	Community	Freedom
	Competency	Friendships
	Contribution	Fun
Approachability	Creativity	Growth
Authority	Curiosity	Generosity
Autonomy	Determination	Gratitude
Awareness	Dependability	Happiness
Balance	Diplomacy	Honesty
Beauty	Discovery	Humor
Belonging	Diversity	Humility
Boldness	Drive	Imagination
Bravery	Education	Independence
	Empathy	Influence
Calmness	Encouragement	Inner
Care	Entertainment	Harmony
Career	Environment	Health
Candor	Ethics	Humor
Charity	Excellence	Independence
Compassion	Exploration	Integrity
Competence		

Joy	Philanthropy	Service
Justice	Playfulness	Speed
Kindness	Pleasure	Spirituality
Knowledge	Poise	Structure
Leadership	Popularity	Stability
Learning	Power	Success
Love	Practicality	Status
Loyalty	Presence	Teamwork
Meaningful	Privacy	Thankfulness
-work	Proactivity	Trustworthiness
Making a	Professionalism	Thrift
-difference	Recognition	Timeliness
Mindfulness	Religion	Travel
Nature	Reputation	Trust
Open	Resourcefulness	Truth
Mindedness	Respect	Understanding
Openness	Responsibility	Usefulness
Optimism	Safety	Wealth
Order	Sensitivity	Wisdom
Peace	Service	Wonder
Perseverance	Security	
Persistence	Self-Respect	

Some questions to consider while working through these:

1. Think about a recent time when you were truly happy- what were you doing and what was the purpose?
2. What are some patterns you have noticed in the way you operate?
3. What have you received as feedback inside and outside of work on repeat?
4. If you have a completely free weekend day with no obligations or responsibilities, what would you want to do?
5. What motivates you?
6. What is something that drives you absolutely crazy in others? (this may be a rub to a core value)
7. What did you like to play as a child?
8. What does relaxation mean to you?

Next steps:

List your **core values** and define them in your own words

1. _____
Define: _____
2. _____
Define: _____
3. _____
Define: _____

List your mid values and define them in your own words

4. _____
Define: _____
5. _____
Define: _____
6. _____
Define: _____

List your outer values and define them in your own words

7. _____
Define: _____
8. _____
Define: _____
9. _____
Define: _____
10. _____
Define: _____

Group / Team discussion

1. How do your values show up in how you approach your work?
 2. How do your values show up in how you approach leadership and leaders?
 3. Are you living in your values in your professional setting? How? Or how not?
 4. Which organizational value do your core values most intersect with?
 5. What shifts or iterations might you want to intentionally make now that you are more clear on your values?
 6. What do you need to give yourself permission to do?
 7. What support do you need or who else might you want to loop in?
 8. How do you want to support those around you in their values?
-

[illegible]