Your Core Values

Building Self Awareness – Self Acceptance and Self Belief

Values are the things we hold most dear - they help us to feel safe and for us they are true. Values guide our choices and the way we understand the world. They are often unconscious – if we can become more conscious of what our values are we can tap into their power more effectively to achieve our goals and we can spot when values we developed in the past are holding us back from achieving goals in the present. This exercise will help you to find out your most important values.

Look through the list of values below and choose those that resonate and have meaning for you.

ACHIEVEMENT	HELPING OTHERS	QUALITY
ADVANCEMENT	HONESTY	RECOGNITION
CHALLENGE	INDEPENDENCE	RELIGION
CHANGE	INFLUENCING OTHERS	REPUTATION
COMMUNITY	INNER HARMONY	RESPONSIBILITY
COMPETENCE	INTEGRITY	SECURITY
COMPETITION	INVOLVEMENT	SELF RESPECT
COOPERATION	JOB TRANQUILITY	SOPHISTICATION
CREATIVITY	KNOWLEDGE	STABILITY
DECISIVENESS	LEADERSHIP	STATUS
DEMOCRACY	LOYALTY	SERVING OTHERS
EFFECTIVENESS	MEANINGFUL WORK	WEALTH
EFFICIENCY	NATURE	WISDOM
EXCELLENCE	PERSONAL DEVLOPMENT	WORK UNDER PRESSURE
FRIENDSHIPS	POWER AND AUTHORITY	WORKING ALONE
TIMELINESS	PRIVACY	

Reflective Questions

What do you notice from doing this exercise– have you selected values that are similar or overlap? Are any more important? Is there an outlier? Does one value stand out for you in particular?

Take another look at your selected values and reduce these down to the core ones that have the most meaning to you.

Where and when did these values become so important to you?

How aligned are you to these values in your life at the moment?

On a scale of 1-10 how aligned are you with each value?

What number would you like to be at for each value?

What might need to happen to take one step forward to improve alignment to your values?

What would it be like to have more alignment with your values?

Does what you do at work reflect all of these values?

Have your values created conflict for you in your work so far?

Do you need to do anything differently to make sure your work is aligned to those values?