

## Identify Your Core Values

- ✚ Review the list of values and circle the top 10 that you identify with most. Read each of the words. Which words cause an emotional or physical sensation? Which words ring true with you? Take the time you need to decide your top 10.
- ✚ Next, think about your best life experiences and the most painful experiences you have had. Look at the complete list again and put a star next to the 10 words that align most with your experiences. You may be putting stars next to words that you have already circled.
- ✚ On a separate sheet of paper, write down the names of 5 people you admire. These can be historical people, famous people, family, or friends. Next to their names, write down the top five words from the values list that best apply to them.
- ✚ Still using this piece of paper with the names, circle the top 5 values that you wrote down next to the names.
- ✚ Go back to the values list and put quotes around those top five values. If you've already circled the value or marked it in any manner, just enhance it so you can tell it's one of the top 5.
- ✚ Now pick your top 5 of your top 10 that you just prioritized. Next to each value, write why you chose it. This is a thoughtful exercise, take your time. You may find that when you go to write the "why" – you may choose a different value. You will find better life satisfaction if you ensure that these 5 play a key role in your daily life.
- ✚ These are your top 5 core values that matter most to you at this time in your life.

<b>Abundance</b>	<b>Excellence</b>	<b>Leadership</b>
<b>Accountability</b>	<b>Excitement</b>	<b>Learning</b>
<b>Achievement</b>	<b>Fairness</b>	<b>Loyalty</b>
<b>Adventure</b>	<b>Faith</b>	<b>Mindfulness</b>
<b>Affection</b>	<b>Fame</b>	<b>Openness</b>
<b>Ambition</b>	<b>Family</b>	<b>Optimism</b>
<b>Appreciation</b>	<b>Finances</b>	<b>Order</b>
<b>Authenticity</b>	<b>Finesse</b>	<b>Originality</b>
<b>Autonomy</b>	<b>Fitness</b>	<b>Passion</b>
<b>Balance</b>	<b>Forgiveness</b>	<b>Patience</b>
<b>Boldness</b>	<b>Freedom</b>	<b>Peace</b>
<b>Calmness</b>	<b>Friendship</b>	<b>Playfulness</b>
<b>Caring</b>	<b>Fun</b>	<b>Power</b>
<b>Cheerfulness</b>	<b>Generosity</b>	<b>Prosperity</b>
<b>Clarity</b>	<b>Goodness</b>	<b>Quality</b>
<b>Commonality</b>	<b>Grace</b>	<b>Reciprocity</b>
<b>Community</b>	<b>Gratitude</b>	<b>Recognition</b>
<b>Compassion</b>	<b>Happiness</b>	<b>Relationship</b>
<b>Connection</b>	<b>Harmony</b>	<b>Reliability</b>
<b>Consistency</b>	<b>Health</b>	<b>Renewal</b>
<b>Contentment</b>	<b>Home</b>	<b>Resilience</b>
<b>Contributing</b>	<b>Honesty</b>	<b>Resourcefulness</b>
<b>Cooperation</b>	<b>Humanity</b>	<b>Respect</b>
<b>Courage</b>	<b>Humbleness</b>	<b>Responsibility</b>
<b>Creativity</b>	<b>Humor</b>	<b>Security</b>
<b>Curiosity</b>	<b>Independence</b>	<b>Service</b>
<b>Dependability</b>	<b>Innovation</b>	<b>Spiritualism</b>
<b>Diversity</b>	<b>Inspiration</b>	<b>Stability</b>
<b>Effectiveness</b>	<b>Integrity</b>	<b>Strength</b>
<b>Empathy</b>	<b>Intelligence</b>	<b>Success</b>
<b>Encouragement</b>	<b>Involvement</b>	<b>Teamwork</b>
<b>Endurance</b>	<b>Joy</b>	<b>Trust</b>
<b>Enjoyment</b>	<b>Justice</b>	<b>Vision</b>
<b>Enthusiasm</b>	<b>Kindness</b>	<b>Wellness</b>
<b>Ethics</b>	<b>Knowledge</b>	<b>Wisdom</b>