## **Know Your Core Values**

Your values are the lenses through which you view yourself and the world around you. Knowing your core values is like having a life compass – quiding your direction.

Values help us to find our purpose, react more positively in difficult situations and to make decisions. They help us clear out clutter and develop a better sense of yourself, therefore increasing confidence.

In a sports team environment, understanding both your values and those of other team members allows for stronger team interactions. You will also have a deeper level of understanding about how you and others are likely to react in different situations.

## **CORE VALUES EXERCISE**

From the list below, highlight every core value that resonates with you. Don't over think this part – simply highlight all the words that feel right to you:

Accuracy Achievement Co Adventure Co Altruism Co Ambition Co Appreciation Assertiveness Co Autonomy Co Beauty Cr Belonging Cu Boldness Bravery Calmness Candour Challenge Change Cheerfulness Do Co	ommitment ommunity ompassion onsistency ontinuous oprovement ontrol operation ourage reativity uriosity aring ecisiveness ependability esire etermination gnity scipline	Effectiveness Efficiency Empathy Enthusiasm Excellence Excitement Expertise Fairness Faith Family Flexibility Focus Freedom Friendship Fun Generosity Gratitude Happiness Hard Work Health	Helpfulness Honesty Honor Humility Impact Independence Initiative Innovation Integrity Intelligence Joy Justice Kindness Knowledge Leadership Learning Loyalty Meaning Mindfulness Openness	Passion Peace Perfection Perseverance Playfulness Positivity Precision Preparedness Professionalism Purpose Reliability Reputation Responsibility Resourcefulness Sacrifice Self-awareness Self-control Selfishness Service Simplicity	Sincerity Speed Spirituality Spontaneity Stability Strength Structure Success Sympathy Teaching Teamwork Thoughtfulness Timeliness Tolerance Trust Truth Understanding Variety Warmth Wealth Wisdom
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Group similar values together into a maximum of five groups:

These will become your core values.

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5			
Now choose one word within each group above that best represents that group of words to you.							