

Exercise: Identify Your Core Values¹

- From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance	Correctness	Forgiveness	Mindfulness	Self-control
Acceptance	Courtesy	Freedom	Money	Selflessness
Accountability	Creativity	Friendship	Motivation	Self-reliance
Accuracy	Credibility	Fun	Obedience	Sensitivity
Achievement	Curiosity	Generosity	Open-Mindedness	Serenity
Adaptability	Customer satisfaction	Goodness	Openness	Service
Advancement	Daring	Grace	Optimism	Shrewdness
Adventure	Decisiveness	Growth	Order	Simplicity
Advocacy	Dedication	Happiness	Organization	Soundness
Altruism	Dependability	Hard Work	Originality	Speed
Ambition	Determination	Health	Partnering	Spirituality
Appreciation	Devoutness	Helping Society	Passion	Spontaneity
Assertiveness	Dignity	Holiness	Peace	Stability
Attentiveness	Diligence	Honesty	Perfection	Stamina
Attractiveness	Discipline	Honour	Performance	Status
Authority	Discretion	Humility	Personal Development	Strategic
Autonomy	Diversity	Improvement	Playfulness	Strength
Balance	Dynamism	Inclusiveness	Popularity	Structure
Being the Best	Economy	Independence	Positivity	Success
Belonging	Effectiveness	Individuality	Power	Support
Benevolence	Efficiency	Initiative	Practicality	Teamwork
Boldness	Elegance	Inner Harmony	Preparedness	Thankfulness
Brilliance	Empathy	Innovation	Proactive	Thoroughness
Calmness	Encouragement	Inquisitiveness	Productivity	Thoughtfulness
Carefulness	Energy	Insightfulness	Professionalism	Timeliness
Caring	Enjoyment	Inspiration	Profit	Tolerance
Caution	Enthusiasm	Integrity	Prudence	Tradition
Challenge	Entrepreneurship	Intelligence	Punctuality	Trust
Charity	Environmental Awareness	Intuition	Purpose	Truth-seeking
Cheerfulness	Equality	Involvement	Quality	Understanding
Cleverness	Ethics	Joy	Recognition	Uniqueness
Collaboration	Excellence	Justice	Relationships	Unity
Commitment	Expertise	Kindness	Reliability	Variety
Community	Exploration	Knowledge	Resilience	Versatility
Compassion	Expressiveness	Leadership	Resourcefulness	Vision
Competition	Fairness	Learning	Respect	Vitality

¹ Adapted from Taproot (<http://www.taproot.com/archives/37771>)

Confidence	Faith	Legacy	Responsibility	Wealth
Consistency	Family	Listening	Responsiveness	Well-Being
Contentment	Fidelity	Love	Results	Winning
Continuous Improvement	Fitness	Loyalty	Reverence	Wisdom
Contribution	Flexibility	Making a Difference	Risk Taking	Zeal
Control	Fluency	Mastery	Safety	
Cooperation	Focus	Merit	Security	

2. **Group all similar values together** from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important.

Group 1	Group 2	Group 3	Group 4	Group 5

3. Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you.

Group 1	Group 2	Group 3	Group 4	Group 5