Exercise: Identify Your Core Values

1. 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	Caring	Decisiveness	Expertise	Honour	Loyalty	Preparedness
Acceptance	Caution	Dedication	Exploration	Humility	Making a Difference	Proactive
Accountability	Challenge	Dependability	Expressiveness	Improvement	Mastery	Productivity
Accuracy	Charity	Determination	Fairness	Inclusiveness	Merit	Professionalism
Achievement	Cheerfulness	Devoutness	Faith	Independence	Mindfulness	Profit
Adaptability	Cleverness	Dignity	Family	Individuality	Money	Prudence
Advancement	Collaboration	Diligence	Fidelity	Initiative	Motivation	Punctuality
Adventure	Commitment	Discipline	Fitness	Inner Harmony	Obedience	Purpose
Advocacy	Community	Discretion	Flexibility	Innovation	Open-Mindedness	Quality
Altruism	Compassion	Diversity	Fluency	Inquisitiveness	Openness	Recognition
Ambition	Competition	Dynamism	Focus	Insightfulness	Optimism	Relationships
Appreciation	Confidence	Economy	Forgiveness	Inspiration	Order	Reliability
Assertiveness	Consistency	Effectiveness	Freedom	Integrity	Organization	Resilience
Attentiveness	Contentment	Efficiency	Friendship	Intelligence	Originality	Resourcefulness
Attractiveness	Continuous Improvement	Elegance	Fun	Intuition	Partnering	Respect
Authority	Contribution	Empathy	Generosity	Involvement	Passion	Responsibility
Autonomy	Control	Encouragement	Goodness	Joy	Peace	Responsiveness
Balance	Cooperation	Energy	Grace	Justice	Perfection	Results
Being the Best	Correctness	Enjoyment	Growth	Kindness	Performance	Reverence
Belonging	Courtesy	Enthusiasm	Happiness	Knowledge	Personal Development	Risk Taking
Benevolence	Creativity	Entrepreneurship	Hard Work	Leadership	Playfulness	Safety
Boldness	Credibility	Environmental Awareness	Health	Learning	Popularity	Security
Brilliance	Curiosity	Equality	Helping Society	Legacy	Positivity	
Calmness	Customer satisfaction	Ethics	Holiness	Listening	Power	
Carefulness	Daring	Excellence	Honesty	Love	Practicality	

[1] Adapted from Taproot (http://www.taproot.com/archives/37771)

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