

# CORE VALUES

Authenticity	Fun	Recognition
Achievement	Growth	Religion
Adventure	Happiness	Reputation
Authority	Honesty	Respect
Autonomy	Humor	Responsibility
Balance	Influence	Security
Beauty	Inner Harmony	Self-Respect
Boldness	Justice	Service
Compassion	Kindness	Spirituality
Challenge	Knowledge	Stability
Citizenship	Leadership	Success
Community	Learning	Status
Competency	Love	Trustworthiness
Contribution	Loyalty	Wealth
Creativity	Meaningful Work	Wisdom
Curiosity	Openness	
Determination	Optimism	
Fairness	Peace	
Faith	Pleasure	
Fame	Poise	
Friendships	Popularity	



# How to work out your core values?

You could be related to many of the values listed in this list and you'd be right, but it's not particularly helpful when wanting to get your life/enterprise into deep alignment which requires focus.

So what do you do?

You will take yourself through the process below to come up with your top 5-10 values which you can then use as the rudder for all other life/enterprise planning.

It's one thing to know your values, an entirely different thing to live them and sometimes living true to them requires planning and management!

## Steps

1. Put aside at least 30mins to do this exercise and recognise it's something you may do more than once, remove all other distractions and set a timer so you honour that time fully
2. Be clear that your goal is to find the top 5-10 values from the list then spend a few minutes looking at the list and reviewing the words - skimming, noticing which words you are most drawn to or which jump off the page at you. Pay close attention to the feelings or sensations in your body as well - are there words that have you feel differently than others after you've done this for a few minutes, write down all the words that 'activated' you, there is likely to be more than 10 at this step and that is okay

5. Next you are going to take those words and review them through two lenses... the first is to review the etymology <https://www.etymonline.com/> and the meaning of the word <https://www.dictionary.com/> including any synonyms or antonyms.. the purpose of this exercise is to deepen your understanding and also illicit your resonance with the word - do you align with it? Perhaps this will see you be able to bring the list down to a smaller size as there will be words that you do not resonate with.

6. Then you are going to review each of the values you've chosen against the questions below - you don't have to do all the questions but the purpose is to see whether the value word matches with your life experience...this is where you start to link the word to the living of your life. This should help you hone in on the top 5-10

Think of the most meaningful moments in your life. ...

Think of the moments you felt the least satisfied. ...

Pay attention to what stories inspire you. ...

Figure out what makes you angry. ...

Imagine your ideal environment. ...

Review the accomplishments you're most proud of.

Who is a person you admire and what behaviour/value do you observe in them...

7. The final step is to take the values list you have created and put it somewhere you can see it and will review it regularly - so that it forms part of your planning, living and dreaming processes. When you experience negative emotions or are struggling with decision making it's likely you have lost clarity on your values OR you are living out of alignment with your core values... this list will be able to help realign you.

<b>VALUE</b>	<b>HOW I KNOW I'M LIVING IT</b>