

## Core Values Exercise

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

**1. Determine your core values.** From the list below, choose and write down every core value that resonates with you. Do not overthink your selection. 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, write it down.

Abundance	Dedication	Kindness	Professionalism
Acceptance	Dependability	Knowledge	Punctuality
Accountability	Diversity	Leadership	Relationships
Achievement	Empathy	Learning	Reliability
Adventure	Encouragement	Love	Resilience
Advocacy	Enthusiasm	Loyalty	Resourcefulness
Ambition	Ethics	Making a Difference	Responsibility
Appreciation	Excellence	Mindfulness	Responsiveness
Attractiveness	Expressiveness	Motivation	Security
Autonomy	Fairness	Optimism	Self-Control
Balance	Family	Open-Mindedness	Selflessness
Being the Best	Friendships	Originality	Simplicity
Benevolence	Flexibility	Passion	Stability
Boldness	Freedom	Performance	Success
Brilliance	Fun	Personal Development	Teamwork
Calmness	Generosity	Proactive	Thankfulness
Caring	Grace	Professionalism	Thoughtfulness
Challenge	Growth	Quality	Traditionalism
Charity	Flexibility	Recognition	Trustworthiness
Cheerfulness	Happiness	Risk Taking	Understanding
Cleverness	Health	Safety	Uniqueness
Community	Honesty	Security	Usefulness
Commitment	Humility	Service	Versatility
Compassion	Humor	Spirituality	Vision
Cooperation	Inclusiveness	Stability	Warmth
Collaboration	Independence	Peace	Wealth
Consistency	Individuality	Perfection	Well-Being
Contribution	Innovation	Playfulness	Wisdom
Creativity	Inspiration	Popularity	Zeal
Credibility	Intelligence	Power	
Curiosity	Intuition	Preparedness	
Daring	Joy	Proactivity	
Decisiveness			

**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 the least important grouping(s). See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

*Insert your lists here:*


**3. Choose one word within each grouping that represents the label for the entire group and circle it.** Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	<b>Happiness</b>
Security	Intuition	Thoughtfulness	Spirituality	Humor
<b>Freedom</b>	Kindness	<b>Mindfulness</b>	<b>Well-being</b>	Inspiration
Independence	Love			Joy
Flexibility	<b>Making a Difference</b>			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			

	Relationships			
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4. **Add a verb to each value** so you can see what it looks like as an actionable core value, for example:

- Live in freedom.
- Seek opportunities for making a difference.
- Act with mindfulness.
- Promote well-being.
- Multiply happiness.

*Write your phrases here:*

Use these statements to help remind you and guide you to live more purposefully.

5. **Finally, write your core values in order of priority below. Post this list somewhere they are available as an easy reference when you are faced with decisions.** For example:

1. Live in freedom.
2. Act with mindfulness.
3. Promote well-being.
4. Multiply happiness.
5. Seek opportunities for making a difference.

*Write your ordered list here:*