How to *Define Your Core Values*

A Workbook Presented by: Positive Presence
Enrich Empower Inspire

Let's talk about choices for a minute – have you ever been presented with scenarios where you had to make a choice – to do or not to do, to lie or tell the truth, spend time here or there? Life presents an endless series of decisions, large and small, that require you to make difficult choices. While of course there are many factors involved in helping us make a choice – one of the critical components to that choice are our core values. These values tell you what kind of person you are or want to be. They provide guidelines and criteria to aid you in living a life that is congruent to those values.

First – let's talk about what a 'value' is. According to psychologist Barb Markway and Celia Ampel – 'values are the principles that give our lives meaning and allow us to persevere through adversity." We love both parts of this definition—that values stand for our most meaningful ideals, and also that they inspire us to keep going when the going gets tough.

You've probably learned many of your values from your parents, your teachers, your religious leaders, and the society you grew up in. You've also probably rebelled against some of those values at times or changed your mind as you've experienced life and learned more about yourself and the world around you. But it can be helpful to decide — or re-decide — the top 8-10 CORE values that mean the most to you RIGHT NOW.

Let me preface by saying that this is a tedious exercise because it's all perception... and every word we choose to define a value means something completely different to each person. We've sat with hundreds of students and walked them through this exercise firsthand and even as coaches, it's hard for us to help our students navigate their personal values and their personal interpretation of those values.

This hour-long exercise has six steps. Each one is very organized and laid out for you. As you go through each step, reference the values list on the last page of the exercise, and remember...

'values aren't selected, we discover and reveal them.'

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Step 1:

What are your top 10 CORE VALUES that are most important to you RIGHT NOW? Use the list at the end of this workbook for examples.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Core values are the fundamental beliefs of a person. These guiding principles dictate behavior and help you understand the difference between right and wrong.

Step 2:

Envision your most MEANINGFUL moment in your life - a peak experience that stands out. List at least 10 values that were being honored in that moment - reference the value list attached.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

List any additional values HERE:

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Step 3:

Now, go in the opposite direction. Allow yourself to peacefully explore the WORST moment of your life. What values were being suppressed in that moment - reference the value list attached.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

List any additional values HERE:

Step 4:

Review your value lists from Steps 1-3 and group similar values based on your interpretation. For instance, if 'Focus' and 'Mastery' both mean success in your interpretation – choose which ONE of those words most resonates with you. **Reminder - use your own personal interpretation.

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Step 5:

Narrow down the value list from Step 4 to your top 8-10 CORE VALUES and notate them below.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

As we evolve through our own life experiences, as do our CORE VALUES. These values become our compass helping us make everyday decisions that impact our life.

Reflection

How have your CORE VALUES changed from Step 1 to Step 5? Why do you think they've changed? When was the last time you before now you've assessed your CORE VALUES?

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Step 6:

1. Write your new CORE VALUES from Step 6 in the Value column below
2. Rank each value from most important (1) to least important in the Ranked Value column below
3. Assess how well you are CURRENTLY honoring each value. (10 = embodying and respecting this personal value on a regular basis, 1 = not honoring this value at all)
4. If you assess a CORE VALUE a score of 8 or below, outline action steps you can take to start respecting and practicing this value more in your life.

Ranked Value	Value	Score (1-10)	Action Steps

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A Comprehensive List of Personal Values

Acceptance
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Alertness
Altruism
Ambition
Amusement
Assertiveness
Attentive
Awareness
Balance
Boldness
Bravery
Brilliance
Calm
Candor
Capable
Careful
Certainty
Challenge
Charity
Cleanliness
Clear
Clever
Comfort
Commitment
Common sense
Communication
Community
Compassion
Competence
Concentration
Confidence
Connection
Consciousness
Consistency
Contentment
Contribution
Control
Conviction
Cooperation
Courage
Courtesy
Creation
Creativity
Credibility
Curiosity
Decisive
Decisiveness
Dedication
Dependability
Determination
Development
Devotion
Dignity
Discipline
Discovery
Drive
Effectiveness
Efficiency
Empathy
Empower
Endurance
Energy
Enjoyment
Enthusiasm
Equality
Ethical
Excellence
Experience
Giving Exploration
Expressive
Fairness
Family
Famous
Fearless
Feelings
Ferocious
Fidelity
Focus
Foresight
Fortitude
Freedom
Friendship
Fun
Generosity
Genius
Goodness
Grace
Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Honesty
Honor
Hope
Humility
Imagination
Improvement
Independence
Individuality
Innovation
Inquisitive
Insightful
Inspiring
Integrity
Intelligence
Intensity
Intuitive
Irreverent
Joy
Justice
Kindness
Knowledge
Lawful
Leadership
Learning
Liberty
Logic
Love
Loyalty
Mastery
Maturity
Meaning
Moderation
Motivation
Openness
Optimism
Order
Organization
Originality
Passion
Patience
Peace
Performance
Persistence
Playfulness
Poise
Potential
Power
Present
Productivity
Professionalism
Prosperity
Purpose
Quality
Realistic
Reason
Recognition
Recreation
Reflective
Respect
Responsibility
Restraint
Results-oriented
Reverence
Rigor
Risk
Satisfaction
Security
Self-reliance
Selfless
Sensitivity
Serenity
Service
Sharing
Significance
Simplicity
Sincerity
Skill
Smart
Solitude
Spirit
Spirituality
Spontaneous
Stability
Status
Stewardship
Strength
Structure
Success
Support
Sustainability
Talent
Teamwork
Temperance
Thankful
Thorough
Thoughtful
Timeliness
Tolerance
Toughness
Traditional
Tranquility
Transparency
Trust
Truth
Understanding
Uniqueness
Unity
Valor
Victory
Vigor
Vision
Vitality
Wealth
Welcoming
Wisdom
Wonder

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Are you struggling finding or staying true to your CORE VALUES?

We can help with FREE COACHING!

Let one of our expert life coaches help you develop a plan that works.



Email us at info@positivepresenceglobal.com or call us anytime at (855) 905-0935.

We are here to help!