

## Exercise 3: Identification of Core Values

**Value(s): something (as a principal or ideal) intrinsically valuable or desirable (human rather than material). They are the treasures of your heart.**

**Core: The innermost part of your being.**

- **Values are something to uphold, follow or live by.**
- **Values shape our decision making.**
- **Values stand for what we believe and how we declare we will live our lives in public and private.**
- **Integrity is determined by the extent to which we live by our values.**

Our values reflect our attitudes and actions. They are something to uphold, and are the attributes by which we choose to live. They provide principles, guidelines, and boundaries for how we want to behave and live our lives every day. They influence us and everyone around us.

The extent to which we live by our values, or "walk the talk," is integrity. It is often difficult to live by our values perfectly one hundred percent of the time, but we can make a commitment to try. When we fail, we can admit it and do everything within our capabilities to make things right and get back on track. Every day is a new beginning for the rest of your life. If you fall down, get up, brush yourself off, and keep going. Remember that your core values are unique, and other people may not agree with them. Understand that you will be the only one that looks in the mirror each day of your life. Stick to your core values, even when it hurts. This is where your spirituality may need to give you strength. Do not ever compromise your core values or become rattled by life's hecklers.

When the world tells you to stop, your core values will kick in.

When someone tells you that you can't do it, your core values will kick in. Your core values are what will keep you moving forward in life. They enable you to stand in the gap alone, when no one else will support what is right. Your core values are what will set you apart from those who have no standards. Upholding them is your integrity. You will definitely impact those around you by living your core values. Do not ever compromise your core values for any reason. Find a way to be true to them.

**Step 1: Check your top TEN values on the list. You may add your own.**

Achievement	Growth	Personal Progress
Adventure	Having a family	Physical challenge
Accountability	Helping others	Pleasure
Arts	Helping society	Power
Benevolence	Honesty	Privacy
Challenge	Hard work	Public service
Close relationships	Happiness	Purity
Character	Honor	Peace
Community	Humility	Persistence
Competition	Independence	Perspective
Control	Influence	Profitability
Creativity	Inner harmony	Prosperity
Courage	Integrity	Purposefulness
Clarity	Intellectual status	Quality
Commitment	Involvement	Recognition
Cooperation	Innovation	Respect
Decisiveness	Influence	Religion
Democracy	Job satisfaction	Reputation
Dependability	Knowledge	Responsibility
Education	Leadership	Responsiveness
Environmentalism	Location	Security
Effectiveness	Loyalty	Self-respect
Efficiency	Love	Serenity
Ethical practice	Learning	Service
Excellence	Market position	Spirituality
Excitement	Meaning	Stability
Expertise	Mercy	Status
Fame	Money	Supervising others
Fast living	Merit	Teaching
Financial gain	Nature	Teamwork
Freedom	Order	Time freedom
Friendships	Obedience	Truth
Fun	Optimism	Understanding
Fairness	Originality	Wealth
Fulfillment	Order	Wisdom
<i>Add your own:</i>		

**Step 2:**

Now narrow your list down to your top FIVE values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3:**

Keep on narrowing your list and write down your top THREE core values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 4:**

Now pick your number ONE value, and write what it means to you:

My number one core value is:

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My number one core value is important to me because:

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How will your core values influence your life and those around you?

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Take a couple of minutes and make some journaling notes on your experience with the values exercise and what it could mean to you.

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