

IDENTIFY YOUR CORE VALUES

Values stem from our beliefs and convictions, which then guide and direct our behaviors. They are the essence of who each of us are, the foundation of our unique self-expression. Values help us to act with integrity, and when our life priorities are aligned with our values, we are well on our way to experiencing fulfillment in our lives.

Whatever values you have will help paint the picture of the life you want to live. What you hold up as important on the inside ends up being reflected, just like a mirror, in the physical world around you. But if you are not living in alignment with your values, you create a disconnect between who you are on the inside and the life you are living on the outside. This disconnect can easily zap your energy and derail you from achieving your goals and dreams.

To take the first step in determining your core values, take a few minutes to perform the following exercise. We derive a great deal of personal fulfillment when we live out our values. Find out what core values you have and then decide whether you are expressing them in your life.

“VALUES IDENTIFICATION”

1. From the list of values below, mark or highlight the 25 words that best represent what matters most to you in your life.

Abundance	Curiosity	Helpfulness	Organization	Sensitivity
Acceptance	Daring	Heroism	Originality	Sensuality
Accomplishment	Dependability	Holiness	Outrageousness	Serenity
Acknowledgment	Depth	Honesty	Passion	Service
Achievement	Determination	Honor	Peace	Sexuality
Acquisition	Devotion	Hope	Peacefulness	Sharing
Activeness	Dignity	Hospitality	Perception	Shrewdness
Adventure	Diligence	Humility	Perfection	Significance
Agility	Discipline	Humor	Perseverance	Simplicity
	Discretion	Hygiene	Personal	Sincerity
	Dynamism		Development	Skillfulness

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Alignment	Eagerness	Imagination	Playfulness	Solidarity
Altruism	Ecstasy	Impact	Pleasantness	Solitude
Ambition	Education	Independence	Pleasure	Spirituality
Amusement	Effectiveness	Influence	Popularity	Spontaneity
Approachability	Efficiency	Innovation	Positive attitude	Stability
Assertiveness	Elegance	Insightfulness	Power	Stimulation
Assistance	Empathy	Inspiration	Practicality	Strength
Attractiveness	Encourage	Instruction	Pragmatism	Strengthen
Authenticity	Encouragement	Integrity	Precision	Structure
Awareness	Energy	Intelligence	Preparation	Success Support
Balance	Enjoyment	Intensity	Presence	Superiority
Beauty	Enlightenment	Intimacy	Privacy	Sympathy
Being the best	Entertainment	Introversion	Proactivity	Teaching
Bliss	Enthusiasm	Intuition	Professionalism	Teamwork
Bravery	Environment	Inventiveness	Prosperity	Temperance
Brilliance	Equality	Investing	Provider	Tenderness
Belonging	Ethics	Joy	Prudence	Thankfulness
Boldness	Excellence	Justice	Punctuality	Thoroughness
Calmness	Experiment	Keeness	Purity	Thoughtfulness
Capability	Expertise	Kindness	Quest	Tidiness
Care	Exquisiteness	Knowledge	Radiance	Timeliness
Carefulness	Extravagance	Laughter	Realism	Traditionalism
Celebrity	Extroversion	Leadership	Recreation	Tranquility
Certainty	Fairness	Learning	Recognition	Trust
Challenge	Faith	Liberty	Refinement	Truthfulness
Charity	Fame	Liveliness	Reflection	Understanding
Cleverness	Family	Logic	Relatedness	Uniqueness
Comfort	Fashion	Longevity	Relationships	Unity
Commitment	Feeling good	Love	Relaxation	Usefulness
Community	Financial	Loyalty	Reliability	Variety
Compassion	independence	Mastery	Religious	Victory
Confidence	Fitness	Making a difference	Resilience	Virtue
Conformity	Flexibility	Mastery	Resourcefulness	Vision
Connection	Focus	Maturity	Respect	Vitality
Consciousness	Frankness	Mellowness	Responsibility	Warmth
Consideration	Freedom	Meticulousness	Respect	Wealth
Constancy	Friendliness	Merriment	Responsiveness	Wellbeing
Contentment	Frugality	Mindfulness	Rest	Willingness
Control	Friendship	Modesty	Richness	Wholeness
Contribution	Fun	Motivation	Rigor	Winning
Coolness			Sacrifice	Wisdom

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Cooperation	Gallantry	Mysteriousness	Safety	Youthfulness
Correctness	Generosity	Nerve	Satisfaction	
Courage	Giving	Nobility	Security	
Creativity	Grace	Nutrition	Self-awareness	
Credibility	Gratitude	Obedience	Self-control	
Discovery	Growth	Open-	Selflessness	
Diversity	Guidance	mindedness	Self-worth	
Dominance	Happiness	Openness	Sensations	
Drive	Harmony	Optimism		
Duty	Health	Order		

2. Now take the words you chose above and place them into 5 different groups. Group the words that you feel easily "fit together." Place the words in the boxes below for each group.

Group 1	Group 2	Group 3	Group 4	Group 5

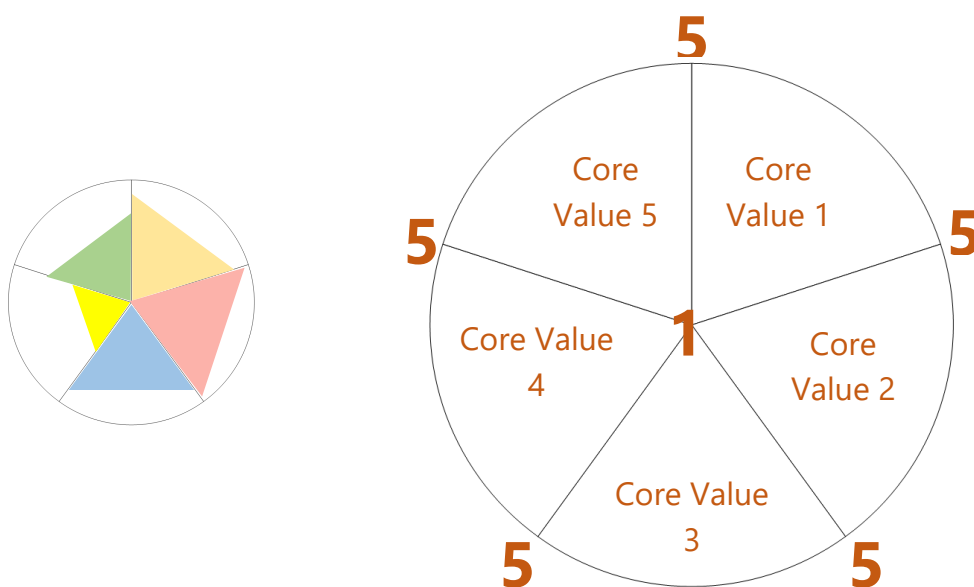
3. Once you have placed your 25 words into the five different groups, give each group a name. Think of a word or short phrase that best encompasses the meaning for that entire group. Write the names you come up with in the boxes below.

Group 1 Name	Group 2 Name	Group 3 Name	Group 4 Name	Group 5 Name

The five group names you have just come up with above represent your top five core values.

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4. Next, in the life wheel below, label each of the wheel's five segments with your five core values and then rate how well you feel you are currently living out that value with 5 being 'fully living out the value,' and 1 being 'not living out that value at all.' Draw a line across the segment to indicate that values' degree of fulfillment currently in your life. See the example below.



REFLECT ON YOUR RESULTS

What insights have you gained from conducting this values identification exercise?

What kind of person would you be if you were living out each of your core values to their highest degree?

What connection can you find between the core values you have identified and your highest hopes in dreams for your life?

Values exist whether we recognize their presence in us or not. But by having a greater understanding of them you can create a life vision, develop plans, set goals and make decisions that will honor them. Determining your core values will help you to discover what's truly important to you. Making choices in life based on your

core values won't always be easy, but since your core values are such a central part of who you are and who you want to be, honoring them is crucial.

The core values this exercise has revealed for you should be regarded only as the beginning of the process of determining the essence of who you are. In the days ahead, keep asking yourself what is important to you and what you really care about and want for your life.

Recall those moments in your past when you were most happy and fulfilled. What values were being honored in those moments? Also think about the times when you were most frustrated. What values were being violated in those moments?

Certainly there are more values working within you than just the five values revealed here. Continue the work of discovering your other unique qualities, beliefs, principles and convictions. And most importantly, focus on all the ways you can incorporate your values more into your life each day. This is where you will find your greatest happiness and fulfillment.