Discovering Your Core Values

Core values are at the root of who you are – your true essence. While many of these values are appealing and/or viewed with high regard in our culture, be very honest with yourself about which ones have meaning for you. They are the values for which you would likely fight, quit a job, or leave a relationship. You may or may not be living a particular value at this moment, but the aim is to identify those values that are most significant to you. There are 32 values listed; however, feel free to add to the end of the list if something you value is missing. Also, feel free to adjust the definition of a value to fit your interpretation.

Step 1: Identify 10 values that really resonate with you.
Step 2: Of your list of 10, reduce it to the five that are most important to you.
Step 3: Of your list of five, rate each value on a scale of 1-10 based on how well you are living that value today, with 10 being optimal.

Achievement/Excellence – to accomplish important things; mastery

Abundance – to believe that the universe provides enough for everyone

Adventure/Excitement – to explore new frontiers and discover new things; to find excitement; to take risks

Aesthetics/Beauty – to enjoy or be inspired by the beauty in things, ideas, surroundings

Affluence – to pursue high income, financial success, prosperity

Authenticity- to be yourself and behave in a way consistent with your ideas and values; authentic

Autonomy/Freedom – to act on personal priorities and time schedule; self-sufficient; self-reliant

Balance – to have a lifestyle allowing balance of time for self, family, work and community

Challenge – to be involved in interesting and challenging work; to face complex tasks continually

Community – to participate actively in a community; to have a sense of belonging

Courage – to have faith in yourself and tackle difficult situations with confidence

Creativity – to be creative; to express yourself; demonstrating innovation and imagination

Expertise/ Recognition – to be respected for your competence; to be a known/respected authority

Family – to spend time with your family; to have strong family ties

Friends/Relationships – to have strong and meaningful relationships with others

Fun – to have fun and enjoy life; fusing each activity and each day with joy/laughter

Generosity – to share yourself, your gifts and your possessions with others

Honesty/Integrity – to act in terms of your convictions; to be honest and sincere; to stand up for your beliefs

Humility – to be grateful and modest; lack of pretense

Leadership/Power – to be in charge, motivating and influencing others

Life-Long Learning – to be constantly learning and developing; the pursuit of knowledge

Loyalty/Commitment – to be faithful; dedication and commitment to individuals, traditions and/or organizations

Novelty/Experiences–to seek out new situations, meet new people, and have new experiences

Order/Organization/Structure –to have a need for structure and a routine; to have things in order

Passion – to care deeply for something; to live/work your greatest passion

Personal Growth/Self-Realization – to develop to your full potential personally and professionally

Privacy–to keep to yourself, to be on your own and not to rely on others

Respect – to earn the respect of others; to value others and honor their individuality

Romance/Intimacy - to be intimately and romantically connected to another person

Security – to achieve a secure/stable home, work and financial situation

Self-Care – to take exquisite care of yourself physically, emotionally and/or spiritually

Service – to help other people; make a contribution to the well-being of others; help improve society

Spirituality – to be strong in spiritual or religious beliefs; inner peace and harmony

Trust – to be able to rely on others and have others rely on you, knowing that you will be true to yourself and to them