

Core Values Exercise

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

1. Determine your core values. From the list below, choose and circle every core value that resonates strongly with you. Do not overthink your selection. As you read through the list, simply circle or 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	Intuition	Resilience
Acceptance	Dependability	Joy	Resourcefulness
Accountability	Diversity	Justice	Responsibility
Achievement	Empathy	Kindness	Responsiveness
Adventure	Encouragement	Knowledge	Risk Taking
Advocacy	Enthusiasm	Leadership	Safety
Ambition	Equity	Learning	Security
Appreciation	Ethics	Love	Service
Attractiveness	Excellence	Loyalty	Spirituality
Autonomy	Expressiveness	Making a Difference	Stability
Balance	Fairness	Mindfulness	Self-Control
Being the Best	Family	Motivation	Selflessness
Benevolence	Friendships	Optimism	Service
Boldness	Flexibility	Open-Mindedness	Simplicity
Brilliance	Freedom	Originality	Spirituality
Calmness	Fun	Passion	Stability
Caring	Generosity	Peace	Success
Challenge	Grace	Perfection	Teamwork
Charity	Growth	Performance	Thankfulness
Cheerfulness	Flexibility	Personal Development	Thoughtfulness
Cleverness	Happiness	Professionalism	Traditionalism
Community	Health	Playfulness	Transformation
Commitment	Honesty	Pluralism	Trustworthiness
Compassion	Humility	Popularity	Understanding
Cooperation	Humor	Power	Uniqueness
Collaboration	Inclusiveness	Preparedness	Usefulness
Consistency	Independence	Proactivity	Versatility
Contribution	Interdependence	Professionalism	Vision
Creativity	Individuality	Punctuality	Warmth
Credibility	Innovation	Quality	Wealth
Curiosity	Inspiration	Recognition	Well-Being
Daring	Intelligence	Relationships	Wisdom
Decisiveness		Reliability	Zeal

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.

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

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: