

Identifying your Core Values

Values are traits or qualities that are considered worthwhile; they represent your highest priorities and deeply held driving forces. When you are part of any organization, you bring your deeply held values and beliefs to the organization. There they co-mingle with those of the other members to create an organization or family culture.

Value statements are grounded in values and define how people want to behave with each other in an organization, an institution, a company, or a family. They are statements about how the organization will value customers, suppliers, and the internal community. Value statements describe actions which are the living enactment of the fundamental values held by most individuals within the organization.

Why Identify and Establish Your Values?

Your values are made up of everything that has happened to you in your life and include influences from: your parents and family, your religious affiliation, your friends and peers, your education, your reading, and more. Effective people recognize these environmental influences and identify and develop a clear, concise, and meaningful set of values/beliefs, and priorities. Once defined, values impact every aspect of your life.

- You demonstrate and model your values in action in your personal and work behaviors, decision making, contribution, and interpersonal interaction.
- You use your values to make decisions about priorities in your daily work and home life.
- Your goals and life purpose / personal mission statement are grounded in your values.

Exploring your values. We all have many values and identifying the Core Values that you hold most closely and that form the foundation for your decision-making and establishing priorities can be difficult. Look through the list of value words on the back of this worksheet. Select and circle 20-25 words that you find particularly important. You can also write in any values that are missing from the list. Consider some of the following questions to help guide your choices: *Who has inspired you and what qualities do/did they have? *What traits do you admire in others? *What do you not tolerate in others? *To understand you, what would others need to know? *What makes you smile, laugh, experience joy and fulfillment? *What upsets you or makes you angry? *What values do you envision changing and what values will stay the same?

Next narrow your selection—try grouping the values you identified together in to 5 groups according to the words that have similar meaning to you. Choose a value or word that you feel best encompasses the meaning of the entire group that can represent your Top 5 Core Values. Write them below.

My Top 5 Core Values are:

1) _____ 2) _____

3) _____ 4) _____

5) _____

Ambitious (hard-working, aspiring)
 Capable (competent, effective)
 Cheerful (lighthearted, joyful)
 Clean (neat, tidy)
 Courageous (standing up for your beliefs)
 Forgiving (willing to pardon others)
 Honest (sincere, truthful)
 Helpful (working for the welfare of others)
 Imaginative (daring, creative)
 Independent (self-reliant, self-sufficient)
 Intellectual (intelligent, reflective)
 Logical (consistent, rational)
 Loving (affectionate, tender)
 Obedient (dutiful, respectful)
 Open-minded (accepting, broad-minded)
 Responsible (dependable, reliable)
 Self-Controlled (restrained, self-disciplined)
 A comfortable life (a prosperous life)

An exciting life (a stimulated, active life)
 A sense of accomplishment (lasting contribution)
 A world at peace (free of war and conflict)
 A world of beauty (beauty of nature and the arts)
 Equality (brotherhood, equal opportunity for all)
 Family security (taking care of loved ones)
 Freedom (independence, free choice)
 Happiness (contentedness)
 Inner harmony (freedom from inner conflict)
 Mature love (sexual and spiritual intimacy)
 National security (protection from attack)
 Pleasure (an enjoyable, leisurely life)
 Salvation (saved, eternal life)
 Self-respect (self-esteem)
 Social recognition (respect, admiration)
 True friendship (close companionship)
 Wisdom (a mature understanding of life)

Acceptance	Dignity	Friendship	Loyalty	Responsiveness
Accomplishment	Direct	Fun	Magnificence	Risk
Achievement	Discovery	Generosity	Mastery	Safety
Acquisition	Diversity	Grace	Merriment	Schooling
Adventure	Economic	Gratitude	Nobility	Self-awareness
Alignment	Security	Guidance	Nutrition	Self-worth
Altruism	Education	Happiness	Order	Sensations
Amusement	Effectiveness	Harmony	Organization	Sensuality
Assistance	Elegance	Health	Originality	Serenity
Attractiveness	Emotional Wellbeing	Honesty	Peace	Service
Authenticity	Empathy	Honor	Peacefulness	Simplicity
Awareness	Encourage	Hope	Perception	Spirituality
Beauty	Encouragement	Humility	Personal	Stability
Being	Energy	Imagination	Development	Stimulation
Bliss	Enlightenment	Improvement	Play	Strength
Calm	Entertainment	Independence	Pleasure	Strengthen
Charity	Environment	Influence	Positive attitude	Success
Coach	Equality	Information	Power	Superiority
Community	Ethics/Ethical	Inner peace	Preparation	Support
Compassion	Excellence	Innovation	Presence	Teaching
Comprehending	Experience	Inspiration	Proficiency	Tenderness
Connection	Experiment	Instruction	Provider	Touch
Consciousness	Expertise	Integrity	Quest	Tranquility
Consideration	Explain	Intelligence	Radiance	Trust
Constancy	Exquisiteness	Inventiveness	Recognition	Truth
Contentment	Facilitation	Joy	Relatedness	Truthfulness
Contribution	Fairness	Justice	Relationships	Understanding
Cooperation	Faith	Kindness	Relaxation	Victory
Courage	Fame	Knowledge	Reliability	Vision
Create	Family	Laughter	Religious/Religion	Wealth
Creativity	Feeling good	Leadership	Resourcefulness	Wholeness
Dependability	Fitness	Learning	Respect	Winning
Detection	Freedom	Love	Responsibility	Wisdom