

DISCOVERING YOUR CORE VALUES

Find out what is most important to you in your
life by discovering your core values



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WHAT ARE CORE VALUES?

Your core values are principles or beliefs that a person (or organization) views as being of central importance.

Core values provide a guide to your conduct as well as your relationship with the external world.

Core values are not cultural norms or competencies.

WHY WOULD YOU WANT TO DISCOVER YOUR CORE VALUES?

Knowing your core values will help you to:

- Clarify who you are
- Articulate what you stand for
- Guide you in our daily life
- Guide you in making decisions

“Your values create your internal compass that can navigate how you make decisions in your life. If you compromise your core values, you go nowhere.”

— Roy T. Bennett





EXERCISE TO DISCOVER YOUR CORE VALUES

STEP 1. LISTING

Looking at the list on the next page, write down every core value that resonates with you.

Just pick the values that come up in your mind first, and don't overthink it.

There is no right or wrong value, or better or worse value.

If there is a personal core value that you do not find in this list, write it down as well.





List of core values:

Abundance	Fairness	Risk Taking
Acceptance	Family	Safety
Accountability	Friendships	Security
Achievement	Flexibility	Service
Advancement	Freedom	Spirituality
Adventure	Fun	Stability
Advocacy	Generosity	Peace
Ambition	Grace	Perfection
Appreciation	Growth	Playfulness
Attractiveness	Flexibility	Popularity
Autonomy	Happiness	Power
Balance	Health	Preparedness
Being the Best	Honesty	Proactivity
Benevolence	Humility	Professionalism
Boldness	Humor	Punctuality
Brilliance	Inclusiveness	Recognition
Calmness	Independence	Relationships
Caring	Individuality	Reliability
Challenge	Innovation	Resilience
Charity	Inspiration	Resourcefulness
Cheerfulness	Intelligence	Responsibility
Cleverness	Intuition	Responsiveness
Community	Joy	Security
Commitment	Kindness	Self-Control
Compassion	Knowledge	Selflessness
Cooperation	Leadership	Simplicity
Collaboration	Learning	Stability
Consistency	Love	Success
Contribution	Loyalty	Teamwork
Creativity	Making a Difference	Thankfulness
Credibility	Mindfulness	Thoughtfulness
Curiosity	Motivation	Traditionalism
Daring	Optimism	Trustworthiness
Decisiveness	Open-Mindedness	Understanding
Dedication	Originality	Uniqueness
Dependability	Passion	Usefulness
Diversity	Performance	Versatility
Empathy	Personal	Vision
Encouragement	Development	Warmth
Enthusiasm	Proactive	Wealth
Ethics	Professionalism	Well-Being
Excellence	Quality	Wisdom
Expressiveness	Recognition	Zeal



STEP 2. GROUPING

Group all the values that you just listed, into groups with similar values. Create 5 to 6 groups and fit your selected values into the appropriate group.

There is no right or wrong, just go with what you think is right for you.

For example:

Compassion

Kindness

Love

Making a

Difference

Intuition

Open-Mindedness

Trustworthiness

Acceptance

Relationships

Balance

Growth

Well-being

Spirituality

Health

Fun

Happiness

Humor

Inspiration

Joy

Cheerfulness

Optimism

Playfulness

Encouragement

Thankfulness

Appreciation

Thoughtfulness

Mindfulness

Abundance

Growth

Wealth

Security

Freedom

Independence

Flexibility

Peace



STEP 3. CONDENSING

Select one word in each group that speaks the most to you, or that you feel represents the entire group.

Again, don't overthink, and pick the first word that comes to your mind.

See the below example. The word in black is the selected word.

Compassion
Kindness
Love
Making a
Difference
Intuition
Open-Mindedness
Trustworthiness
Acceptance
Relationships

Balance
Growth
Well-being
Spirituality
Health

Fun
Happiness
Humor
Inspiration
Joy
Cheerfulness
Optimism
Playfulness

Encouragement
Thankfulness
Appreciation
Thoughtfulness
Mindfulness

Abundance
Growth
Wealth
Security
Freedom
Independence
Flexibility
Peace





STEP 4. UNDERSTANDING

For each value that you picked in step 3, write down what comes up in your mind.

If you find that hard to do, you can also answer the following questions:

- How do I currently live according to that value?
- What can I do to make that value really part of my life?
- What does this value mean to me?
- How does this value contribute to my personal life?
- How can I use this value to make a difference in the lives of other people?
- In what way does this value inspire me?



