

A CORE LIFE VALUE IS VERY IMPORTANT - IT'S WHAT GIVES YOUR LIFE MEANING, BALANCE, SATISFACTION AND MOTIVATION

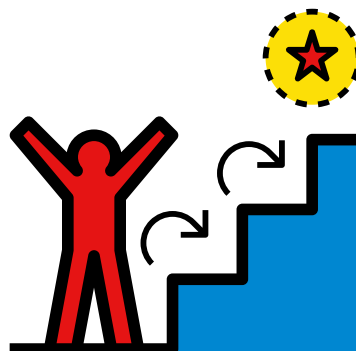
- Core life values are not inherited. They may be very different than your parents' values.
- Your values form an inner framework of how you make choices and what motivates you.
- There are no right or wrong values.
- Most people have 5-10 key core life values that guide their life and choices.
- There is not a particular order or hierarchy with your top 5-10 core life values. Each is equally important to be expressed or honored in your life in order to feel balanced and satisfied.
- We do not “choose” our values. We are born with them.
- Values are so deeply ingrained in us that to live without expressing our core life values feels wrong.
- Often we recognize our core life values being important or significant to us since childhood.
- A person's core life values are never things we “should” do or “should” be.
- We know what our core life values are by being aware of what “resonates” as being true for us from deep within our soul. A core life value will feel right.
- We know it is a core life value because we will not feel right living without it and we may even find that these are the things we fight for.



Values are your deepest motivators.

STEPS TO DISCOVERING YOUR CORE LIFE VALUES

1. First, go through the list on the next page quickly and make a mark next to those words that “resonate” with you and those that you connect with. *Don't over think it.* There may be many you feel are "right" as you start this process. You will be eventually eliminating the list down to only 10. If it helps while you do this first step, you can cross out words that do not resonate with you, or do not feel important to you.
2. Next, go back through the ones that felt meaningful, resonate or felt right to you and begin to narrow the list down according to which are more important or more meaningful to you. It may get harder as you continue to distill the list down to ten. To help in determining which is more important or meaningful, notice how you actually live your life. For instance, someone with the values of nature and education might remember that given a choice they would spend the day out hiking rather than sitting in a class learning. Remember these core life values are how YOU feel about them, not your parents, or spouse, partner, children or friend. These are your unique core life values.
3. You may also sense that combining some of the values makes sense for you. For instance, some people perceive “honesty” and “integrity” as the same. Others may see them as very different. Combine or create a word that best reflects the value if it helps to narrow your values.
4. You may even feel the need to “rename” the terms so they fit you better. For instance, “spirituality” might better describe a value than “religion”. Feel free to rename the terms or combine them so they resonate with you. Allow yourself time during this step.
5. Narrowing the values down to 5-10 may require you to think about how you live your life. For instance, to discover if "family" is a higher value for you than "work", ask yourself if you take work home with you that interferes with family time. If this is the case, work may actually be a more important or meaningful value for you. Remember, *there are no right or wrong values.*
6. Continue to eliminate terms and/or combining similar concepts until you have about ten remaining. Hint: You are free to combine values that seem similar to you such as “friendship” and “community”.
7. Next, place your top ten values in order of priority based on how you actually live your life and what “resonates” most for you on your list.



Accomplishment/Result _____
 Adventure/Excitement _____
 Aloneness _____
 Autonomy/independence _____
 Commitment _____
 Connecting/Bonding _____
 Environment _____
 Forward the Action _____
 Honesty/truthfulness _____
 Humor _____
 Intimacy _____
 Leadership _____
 Openness _____
 Mastery/Excellence _____
 Nature _____
 Power _____
 Recognition/Acknowledgment _____
 Romance/Magic _____
 Self-expression _____
 Service/Contribution _____
 Trust _____
 Visionary _____
 Tolerance _____
 Education/learning _____
 Courage _____
 Curiosity _____
 Stability _____
 Control _____
 Cheerfulness _____
 Neatness/orderliness _____
 Gratitude/thankfulness _____
 Generosity _____
 Relationships _____

 Socialization _____
 Friendship _____
 Artistic expression _____
 Punctuality/timeliness _____
 Optimistic outlook _____
 Justice/the right thing _____
 Philanthropy _____
 Politeness/courtesy _____
 Reputation/credibility _____

 Contribution _____
 Physical connection _____
 Social recognition _____
 Self-expression _____
 Mental health _____
 Praise _____
 Words of encouragement _____

 Doing things for others _____
 Competition _____
 Faith _____
 Sports _____
 Peacefulness _____
 Appearance _____
 Home _____
 Wisdom _____
 Challenge _____
 Personal development _____
 Order _____
 Individualism _____
 Sincerity _____

Achievement _____
 Aesthetics/Beauty _____
 Altruism _____
 Clarity _____
 Completion _____
 Creativity _____
 Emotional Health _____
 Freedom _____
 Fun _____
 Integrity _____
 Joy _____
 Loyalty _____
 Personal Growth/Learning _____
 Orderliness/Accuracy _____
 Partnership _____
 Privacy/Solitude _____
 Risk-taking _____
 Security _____
 Sensuality _____
 Spirituality _____
 Vitality _____
 Family _____
 Charity _____
 Resilience _____
 Reliability _____
 Happiness _____
 Predictability _____
 Self-love _____
 Caring/empathy _____
 Mindfulness _____
 Leisure/free time _____
 Self-control _____
 Emotional
 Connections _____
 Life Balance _____
 Environment _____
 Self-discipline _____
 Intuition _____
 Change _____
 Advocacy for others _____
 Responsibility _____
 Self-respect _____
 Kindness _____

 Making a difference _____
 Animals _____
 Community _____
 Physical fitness _____
 Career _____
 Gifts _____
 Time with loved
 Ones _____
 Financial success _____
 Morality _____
 Free choice _____
 Intelligence _____
 Self-reliance _____
 Personal style _____
 Humility _____
 Consistency _____
 Information _____
 Spontaneity _____
 Personal space _____
 Play _____
 Financial wealth _____



Now list your top ten core life values! These not need to be in any particular order.

Next, write a brief description/definition of your **top five** core life values.

This step is important in order to define/describe what that core life value means to you in your life. Core life value definitions are not what the Webster’s Dictionary would define it as. This is your own definition of this core life value...what it means to you...in **your** own words.

Value: _____

My personal definition of this value is:

Value: _____

My personal definition of this value is:



Value: _____

My personal definition of this value is:

Value: _____

My personal definition of this value is:

Value: _____

My personal definition of this value is:

I look forward to finding out about your core life values and what is most important and meaningful to you!!

Laurie Dupar

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