

Core Personal Values

Understanding your values can help you prioritize your goals. Identifying and thinking about your values is a great exercise to help understand what motivates you.

Your life purpose or impact is all about how you make a difference and this is ALL about your values.

Values - those wonderful, intangible things that attract you; the forces that can make pep talks and motivational speeches totally unnecessary in your life. Your Values are you -- T. Leonard, The Portable Coach, 1998

Tips for finding your values:

- What do you have to have in order to be you?
- What traits in others annoy you? (turn this around and there is usually a value underneath it)
- Describe your idea of the “perfect day”

Bringing your values forward:

- You’ll find yourself not so torn between things; your values will choose for you.
- You’ll feel less conflicted, more at peace, because your goals are in sync and represent what is most important to you.
- You’ll enjoy your work and different areas of your life flow together.
- You’ll drop draining goals and projects that don’t express your values.
- You’ll have no regrets, whatever happens because you are true to your values.

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Core Personal Values (Continued)

Top Ten Ways to Orient Yourself Around Your Values

1. Values are interest or qualities that ATTRACT you.
2. Know the difference between your needs, wants and values.
3. Get your needs met so you can orient yourself around your values.
4. Get involved in activities that allow you to express your values.
5. Run your goals up against your values to determine their match.
6. Honor your values to be clear about the opportunities you have in front of you.
7. Filter or screen people, events and surprises that come into your life through your values.
8. Learn to rely on your values and honor them.
9. Look at your list of five values and then your top five goals and match them - goal to value.
10. Use your values as the catalyst and motivator to get your needs met.

Values Clarification Directions

1. Go through the List of Values and put a check mark next to any that you feel you “must have” in order to be who you are.
2. Next, go back over the checked values and narrow the number by circling your top ten.
3. See if some of the values don’t describe the same value more in depth, for example: Playfulness/Creativity/Joy.
4. By stringing the values together, you will begin to define exactly how you experience living a particular value.
5. Create your top five values using the values stringing technique just described and write those on the worksheet.
6. Next, write an operational definition of the value string you’ve listed. In other words, what do you do to fully live this value; or, what conditions let you know you’re honoring this value full out?
7. Then rank order the Values from “most important” to “least important.” There is a box at the bottom of the worksheet for this step.

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8. Finally, circle the number next to the “rank ordered list” according to how well you are living that particular value today.

List of Values

| | | |
|-----------------|------------------|----------------|
| Abundance | Celebrity | Desire |
| Acceptance | Certainty | Determination |
| Accessibility | Challenge | Devotion |
| Accomplishments | Charity | Devoutness |
| Accuracy | Charm | Dexterity |
| Achievement | Chastity | Dignity |
| Acknowledgement | Cheerfulness | Diligence |
| Activeness | Clarity | Direction |
| Adaptability | Cleanliness | Directness |
| Adoration | Clear-mindedness | Discipline |
| Adroitness | Cleverness | Discovery |
| Adventure | Closeness | Discretion |
| Affection | Comfort | Diversity |
| Affluence | Commitment | Dominance |
| Aggressiveness | Compassion | Dreaming |
| Agility | Completion | Drive |
| Alertness | Composure | Duty |
| Altruism | Concentration | Dynamism |
| Ambition | Confidence | Eagerness |
| Amusement | Conformity | Economy |
| Anticipation | Congruency | Ecstasy |
| Appreciation | Connection | Education |
| Approachability | Consciousness | Effectiveness |
| Articulacy | Consistency | Efficiency |
| Assertiveness | Contentment | Elation |
| Assurance | Continuity | Elegance |
| Attentiveness | Contribution | Empathy |
| Attractiveness | Control | Encouragement |
| Audacity | Conviction | Endurance |
| Availability | Conviviality | Energy |
| Awareness | Coolness | Enjoyment |
| Awe | Cooperation | Entertainment |
| Balance | Cordiality | Enthusiasm |
| Beauty | Correctness | Excellence |
| Being the best | Courage | Excitement |
| Belonging | Courtesy | Exhilaration |
| Benevolence | Craftiness | Expectancy |
| Bliss | Creativity | Expediency |
| Boldness | Credibility | Experience |
| Bravery | Cunning | Expertise |
| Brilliance | Curiosity | Exploration |
| Buoyancy | Daring | Expressiveness |
| Calmness | Decisiveness | Extravagance |
| Camaraderie | Decorum | Extroversion |
| Candor | Deference | Exuberance |
| Capability | Delight | Fairness |
| Care | Dependability | Faith |
| Carefulness | Depth | Fame |

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| | | |
|-----------------------|---------------------|-----------------|
| Family | Intelligence | Persuasiveness |
| Fascination | Intensity | Philanthropy |
| Fashion | Intimacy | Piety |
| Fearlessness | Intrepidity | Playfulness |
| Ferocity | Introversion | Pleasantness |
| Fidelity | Intuition | Pleasure |
| Fierceness | Intuitiveness | Poise |
| Financial independent | Inventiveness | Polish |
| Firmness | Investing | Popularity |
| Fitness | Joy | Potency |
| Flexibility | Judiciousness | Power |
| Flow | Justice | Practicality |
| Fluency | Keeness | Pragmatism |
| Focus | Kindness | Precision |
| Fortitude | Knowledge | Preparedness |
| Frankness | Leadership | Presence |
| Freedom | Learning | Privacy |
| Friendliness | Liberation | Proactively |
| Frugality | Liberty | Professionalism |
| Fun | Liveliness | Prosperity |
| Gallantry | Logic | Prudence |
| Generosity | Longevity | Punctuality |
| Gentility | Love | Purity |
| Giving | Loyalty | Realism |
| Grace | Majesty | Reason |
| Gratitude | Making a difference | Reasonableness |
| Gregariousness | Mastery | Recognition |
| Growth | Maturity | Recreation |
| Guidance | Meekness | Refinement |
| Happiness | Mellowness | Reflection |
| Harmony | Meticulousness | Relaxation |
| Health | Mindfulness | Reliability |
| Heart | Modesty | Religiousness |
| Helpfulness | Motivation | Resilience |
| Heroism | Mysteriousness | Resolution |
| Holiness | Neatness | Resolve |
| Honesty | Nerve | Resourcefulness |
| Honor | Obedience | Respect |
| Hopefulness | Open-mindedness | Rest |
| Hospitality | Openness | Restraint |
| Humility | Optimism | Reverence |
| Humor | Order | Richness |
| Hygiene | Organization | Rigor |
| Imagination | Originality | Sacredness |
| Impact | Outlandishness | Sacrifice |
| Impartiality | Outrageousness | Sagacity |
| Independence | Passion | Saintliness |
| Industry | Peace | Sanguinity |
| Ingenuity | Perceptiveness | Satisfaction |
| Inquisitiveness | Perfection | Security |
| Insightful | Perkinness | Self-control |
| Inspiration | Perseverance | Selflessness |
| Integrity | Persistence | Self-reliance |

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| | |
|-----------------|--------------|
| Sensitivity | Variety |
| Sensuality | Victory |
| Serenity | Vigor |
| Service | Virtue |
| Sexuality | Vision |
| Sharing | Vitality |
| Shrewdness | Vivacity |
| Significance | Warmth |
| Silence | Watchfulness |
| Silliness | Wealth |
| Simplicity | Willfulness |
| Sincerity | Willingness |
| Skillfulness | Winning |
| Solidarity | Wisdom |
| Solitude | Wonder |
| Soundness | Youthfulness |
| Speed | Zeal |
| Spirituality | |
| Spontaneity | |
| Sprint | |
| Spunk | |
| Stability | |
| Stealth | |
| Stillness | |
| Strength | |
| Structure | |
| Success | |
| Support | |
| Supremacy | |
| Surprise | |
| Sympathy | |
| Synergy | |
| Teamwork | |
| Temperance | |
| Thankfulness | |
| Thoroughness | |
| Thoughtfulness | |
| Thrift | |
| Tidiness | |
| Timeliness | |
| Traditionalism | |
| Tranquility | |
| Transcendence | |
| Trust | |
| Trustworthiness | |
| Truth | |
| Understanding | |
| Unflappability | |
| Uniqueness | |
| Unity | |
| Usefulness | |
| Utility | |
| Valor | |

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Write down five values that are important to you: (value and a short definition)

Now Prioritize your Values

I am meeting these values.....

| Most Important | Not at all | | Somewhat | | Mostly | | | Definitely | | |
|----------------|------------|---|----------|---|--------|---|---|------------|---|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |