Identify your Core Values

Getting clear about the values you want to live, going forward, is an important step in creating meaning in your life and work. Use the following steps to identify the things important to you and distill these into a list of core values.

1. First, hi-light or circle all the values that are important to you from the list below (add additional ones in the remaining spaces, if they are not already represented)

Abundance	Curiosity	Independence	Safety
Acceptance	Cleverness	Individuality	Security
Accountability	Daring	Innovation	Self-Control
Achievement	Decisiveness	Inspiration	Selflessness
Action	Dedication	Intelligence	Service
Adventure	Dependability	Intuition	Simplicity
Advocacy	Development	Integrity	Spirituality
Ambition	Diversity	justice	Stability
Appreciation	Empathy	Kindness	Success
Assertiveness	Empowerment	Knowledge	Teamwork
Attractiveness	Enthusiasm	Leadership	Thankfulness
Autonomy	Ethical conduct	Learning	Thoughtfulness
Balance	Excellence	Love	Tradition
Boldness	Expressiveness	Loyalty	Trust
Brilliance	Fairness	Making a Difference	Understanding
Calmness	Family	Mindfulness	Uniqueness
Caring	Flexibility	Motivation	Usefulness
Challenge	Friendships	Optimism	Versatility
Cheerfulness	Freedom	Open-Mindedness	Vision
Collaboration	Fun	Originality	Warmth
Community	Generosity	Passion	Wealth
Commitment	Grace	Persistence	Well-Being
Compassion	Growth	Peace	Wisdom
Consistency	Happiness	Perfection	Zeal
Contribution	Health	Playfulness	
Conversation	Honesty	Responsibility	
Cooperation	Humility	Responsiveness	
Creativity	Humour	Resourcefulness	
Courage	Inclusion	Risk Taking	

2. Divide your selected values into 5 thematic groups, similar to the example below

Example:

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
Acceptance	Kindness	Justice	Respect	Honesty
Appreciation	Compassion	Fairness	Leadership	Accountability
Balance	Contribution	Service	Dependability	Credibility
Calmness	Empathy	Action	Encouragement	Individuality
Cheerfulness	Generosity	Advocacy	Expressiveness	Trust
Flexibility	Grace	Ethical Conduct	Intelligence	Wisdom
Mindfulness	Love	Inclusion	Curiosity	Humility

Your Groups:

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5

3. Choose one word from each list that represents that group best for you, as shown in the example below. If this is difficult, ask yourself which 5 qualities you would most want people to use to describe you

Acceptance	**Kindness**	Justice	**Respect**	Honesty
Appreciation	Compassion	**Fairness**	Leadership	Accountability
Balance	Contribution	Service	Dependability	Credibility
Calmness	Empathy	Action	Encouragement	Individuality
Cheerfulness	Generosity	Advocacy	Expressiveness	Trust
Flexibility	Grace	Ethical Conduct	Intelligence	**Wisdom**
Mindfulness	Love	Inclusion	Curiosity	Humility
Understanding			Commitment	

4. Finally, turn each representative value into an 'action', to support your commitment to each one

- I will practice **mindfulness** in my daily decision-making and actions
- I will treat each person I meet with **kindness**
- I will ensure that my every action is underpinned by a commitment to **fairness**
- I will foster **respect** for all people and living things
- I will seek **wisdom** in myself and others

Your cores values are not set in stone. Allow them to evolve and lead to new understandings and committed actions. **Place them somewhere visible**, so that you can view them each day.