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 believes 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.
<table>
<thead>
<tr>
<th>List of core values:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abundance, Acceptance, Accountability, Achievement,</td>
</tr>
<tr>
<td>Advancement, Adventure, Advocacy, Ambition,</td>
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<tr>
<td>Appreciation, Attractiveness, Autonomy, Balance,</td>
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<tr>
<td>Being the Best, Benevolence, Boldness, Brilliance,</td>
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<tr>
<td>Calmness, Caring, Challenge, Charity, Cheerfulness,</td>
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<tr>
<td>Cleverness, Community, Commitment, Compassion,</td>
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<tr>
<td>Cooperation, Collaboration, Consistency, Contribution,</td>
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<tr>
<td>Creativity, Credibility, Curiosity, Daring, Decisiveness</td>
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<tr>
<td>Dedication, Dependability, Diversity, Empathy,</td>
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<tr>
<td>Encouragement, Enthusiasm, Ethics, Excellence, Expressiveness</td>
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<tr>
<td>Fairness, Family, Friendships, Flexibility, Freedom,</td>
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<tr>
<td>Fun, Generosity, Grace, Growth, Flexibility,</td>
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<tr>
<td>Happiness, Health, Honesty, Humility, Humor,</td>
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<tr>
<td>Inclusiveness, Independence, Individuality, Innovation,</td>
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<tr>
<td>Intelligence, Intuition, Joy, Kindness, Knowledge,</td>
</tr>
<tr>
<td>Leadership, Learning, Love, Loyalty, Making a Difference</td>
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<tr>
<td>Mindfulness, Motivation, Optimism, Open-Mindedness,</td>
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<tr>
<td>Originality, Passion, Performance, Personal,</td>
</tr>
<tr>
<td>Development, Proactive, Professionalism, Quality,</td>
</tr>
<tr>
<td>Recognition, Risk Taking, Safety, Security, Service,</td>
</tr>
<tr>
<td>Spirituality, Stability, Peace, Perfection, Playfulness</td>
</tr>
</tbody>
</table>
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  Balance  Fun  Encouragement  Abundance
Kindness  Growth  Happiness  Thankfulness  Growth
Love  Well-being  Humor  Appreciation  Wealth
Making a  Spirituality  Inspiration  Thoughtfulness  Security
Difference  Health  Joy  Mindfulness  Freedom
Intuition  Open-Mindedness  Cheerfulness  Optimism  Independence
Trustworthiness  Acceptance  Playfulness  Optimism  Flexibility
Acceptance  Relationships  Encouragement  Thankfulness  Appreciation
Balance  Growth  Well-being  Spirituality  Health
Fun  Happiness  Humor  Inspiration  Joy
Encouragement  Thankfulness  Appreciation  Thoughtfulness  Mindfulness
Abundance  Growth  Wealth  Security  Freedom
Integrity  Open-Mindedness  Trustworthiness  Relationships  Encouragement
Balance  Growth  Well-being  Spirituality  Health
Fun  Happiness  Humor  Inspiration  Joy
Mindfulness  Optimism  Playfulness  Thoughtfulness
Abundance  Growth  Wealth  Security  Freedom
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

Fun
Happiness  Humor

Appreciation
Thankfulness

Encouragement
Thankfulness

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?