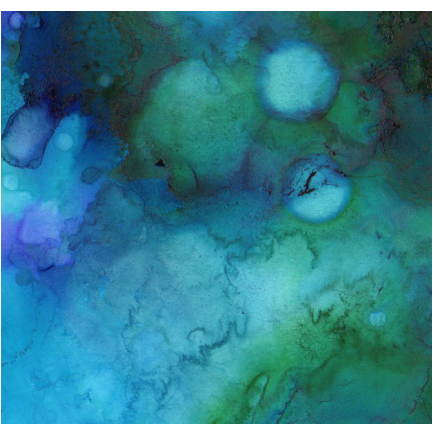




What are your Personal Core Values?




Core values are the guiding qualities that tell us we are being true to ourselves. Our values help us make good decisions, empowering us to prioritize what matters most to us.

Much of the distress we experience in life comes as a result of not living in alignment with our personal core values. Personal, social, and professional situations arise that may be in conflict with our values. We may get upset and react, or we may have that gnawing feeling that something isn't quite right.

Since core values are unique to each person, understanding which values are important to you is helpful in knowing how to set boundaries as well as finding satisfaction and happiness.

How to use the list of 156 values to find what matters most to you:



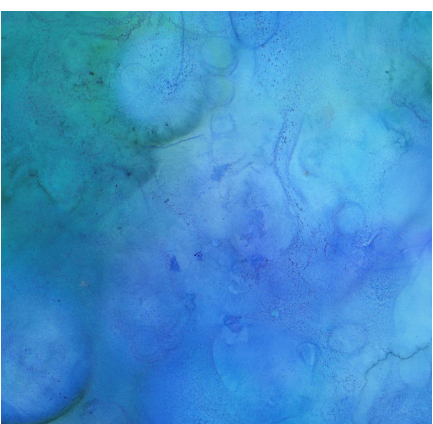
As you look through the list, which core values most reflect what is important to you?

- Try to narrow your selection to the top ten.
- Next, see if you can narrow your top ten down to your top five core values.

As you review this list, you might consider:

- Who inspires you? What qualities do they possess that you would like to emulate?
- What situations motivated you to speak up or act, where you were willing to take a risk? Was a value being challenged? If so, which one?
- When do you feel most like your authentic self with no shame or sense of being triggered? What values are being supported in those situations?

Other ways to use this list:



Core values can actually change depending on your season of life, a change in worldview, or the role you are currently in. It is helpful to review this list from time to time to identify which values need alignment.

Remember:

- There are no wrong answers.
- This list is not comprehensive. There are hundreds of different value dimensions. This list is a compilation of some of the more common personal core values to help you start thinking about what matters most to you.
- Choosing your top core values does not mean the other values are not important to you.

Achievement	Dignity	Influence	Realistic
Advancement	Discipline	Inner Harmony	Reason
Adventure	Diversity	Innovation	Recognition
Affection	Empathy	Insightfulness	Relationship
Altruism	Energy	Inspiration	Religion
Ambition	Enjoyment	Integrity	Reliability
Appreciation	Entertainment	Intelligence	Reputation
Assertiveness	Environmentalism	Intuition	Respect
Authenticity	Equality	Invention	Responsibility
Authority	Equanimity	Involvement	Risk
Autonomy	Ethics	Joy	Security
Balance	Excellence	Justice	Self-Reliance
Beauty	Excitement	Kindness	Self-Respect
Boldness	Fairness	Knowledge	Sensitivity
Bravery	Faith	Leadership	Service to others
Calm	Fame	Learning	Significance
Career	Family	Love	Simplicity
Change	Famous	Loyalty	Sincerity
Clarity	Fearless	Meaningful Work	Speed
Cleanliness	Finesse	Motivation	Spirituality
Cleverness	Fitness	Openness	Stability
Comfort	Focus	Optimism	Success
Commitment	Freedom	Order	Status
Common Humanity	Friendship	Organization	Stewardship
Communication	Fun	Passion	Strength
Compassion	Generosity	Patience	Structure
Competency	Genius	Peace	Talent
Contribution	Goodness	Play	Teamwork
Confidence	Grace	Pleasure	Temperance
Connection	Gratitude	Poise	Tradition
Consistency	Growth	Popularity	Trustworthiness
Contentment	Happiness	Power	Truth
Cooperation	Harmony	Present	Understanding
Courage	Health	Pride	Unity
Creativity	Honesty	Productivity	Vision
Curiosity	Honor	Professionalism	Vitality
Dependability	Hope	Prosperity	Wealth
Determination	Humanity	Purpose	Wellness
Devotion	Humor	Quality	Wisdom