

DISCOVERING YOUR CORE VALUES

Personal values are the beliefs and principles you hold as important in the way you live and work. Consider your upbringing, significant life experiences, role models, and the principles you admire in others. Here are some steps to help you identify and honour your core values:



Step 1: From the list below, make note of every core value that resonates most deeply with you. Try not to overthink your selection, you can refine the list later. If you think of a value you hold that is not on the list, write it down.*

Step 3: Next, organize your values in order of importance to understand what matters most to you. Focus on the values that feel most authentic and meaningful, rather than those imposed by external influences in your life. You may notice that some words seem to have similar meanings, you might try choosing one word that represents the value the most.

Step 3: Try and narrow the list down to 3- 5 core values.

Step 4: Make your values actionable. You can do this by adding a verb or describing how you will live this value. This will guide you in the actions you need to take to feel like you are living in alignment with your values.

For example:

If you value “community”, your action might be: To seek opportunities to be involved in my community.

If you value “love”, your action might be: To show love to myself and others with words and actions.

If you value “thankfulness”, your action might be: To spend time reflecting on what you are thankful for.

Remember, this is your list and there are no right or wrong answers to what your values are or how you want to live them.

My CORE VALUES

Write down the core values that resonate with you the most.

Honesty	Tolerance	Self-awareness	Collaboration	Adventure
Integrity	Open-mindedness	Self-acceptance	Teamwork	Education
Loyalty	Forgiveness	Self-confidence	Excellence	Knowledge
Compassion	Generosity	Independence	Quality	Learning
Empathy	Courage	Freedom	Service	Justice
Respect	Perseverance	Family	Altruism	Simplicity
Kindness	Determination	Friendship	Reliability	Balance
Authenticity	Ambition	Love	Authenticity	Resilience
Accountability	Creativity	Empowerment	Creativity	Health
Gratitude	Innovation	Equality	Openness	Well-being
Humility	Adaptability	Inclusivity	Adaptability	Exploration
Responsibility	Flexibility	Diversity	Harmony	Innovation
Trustworthiness	Curiosity	Environmentalism	Peace	Honor
Fairness	Wisdom	Sustainability	Spirituality	Unity
Patience	Self-discipline	Community	Fun	Transparency

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-



- _____
- _____
- _____
- _____
- _____

* This is not an exhaustive list of values. Feel free to do some of your own research or even try an online quiz that might help you narrow down your choices.

