

**Core Values Exercise**

This assessment is just the beginning of knowing what your values are. This will give you a framework to begin recognising them in your life and gain a better understanding of what drives you. You will start gaining clarity around your values and can explore using them to your advantage. Really feel into your answers to the questions at the end. There are no right or wrong answers, you are defining what’s right for you personally.

1. **From the table below, highlight or write down every word that resonates with you personally. If you think of a value that you possess that is not on the list, write that down too. Do not overthink your selections.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Abundance | Certainty | Drive | Gratitude | Liberty | Quality | Spontaneity |
| Acceptance | Challenge | Effectiveness | Growth | Love | Realistic | Stability |
| Accountability | Charity | Empathy | Happiness | Loyalty | Reason | Success |
| Accuracy | Cheerfulness | Empowerment | Hard Work | Mastery | Recognition | Talent |
| Achievement | Cleanliness | Encouragement | Health | Mindfulness | Reflective | Teamwork |
| Adaptability | Cleverness | Enjoyment | Honesty | Meaning | Relationships | Thankfulness |
| Advancement | Collaboration | Enthusiasm | Hope | Motivation | Reliability | Thoughtfulness |
| Adventure | Commitment | Ethics | Humility | Openness | Resilience | Tolerance |
| Advocacy | Community | Equality | Humour | Optimism | Resourcefulness | Traditionalism |
| Alertness | Compassion | Excellence | Imagination | Order | Respect | Tranquillity |
| Ambition | Competence | Exploration | Impact | Originality | Responsibility | Transparency |
| Appreciation | Consistency | Expressiveness | Improvement | Passion | Responsiveness | Trustworthiness |
| Attractiveness | Contribution | Fairness | Inclusiveness | Patience | Risk-taking | Understanding |
| Autonomy | Control | Fame | Independence | Peace | Safety | Uniqueness |
| Awareness | Cooperation | Family | Individuality | Perfection | Satisfaction | Usefulness |
| Balance | Creativity | Feelings | Innovation | Performance | Security | Versatility |
| Beauty | Credibility | Fidelity | Inspiration | Playfulness | Self-control | Vision |
| Being the best | Curiosity | Flexibility | Integrity | Popularity | Selflessness | Vitality |
| Benevolence | Daring | Focus | Intelligence | Potential | Sensitivity | Warmth |
| Boldness | Decisiveness | Freedom | Intuition | Power | Serenity | Wealth |
| Bravery | Dedication | Friendships | Joy | Preparedness | Service | Well-being |
| Brilliance | Dependability | Fun | Justice | Presence | Sharing | Winning |
| Calmness | Dignity | Generosity | Kindness | Proactivity | Silence | Wisdom |
| Capable | Discipline | Giving | Knowledge | Professionalism | Simplicity | Wonder |
| Careful | Discovery | Goodness | Leadership | Punctuality | Sincerity | Worthiness |
| Caring | Diversity | Grace | Learning | Purpose | Spirituality | Zeal |

1. **Place similar words/values into groups––groups that make sense to you personally. Create a maximum of five vertical groups, as demonstrated below. If you have more than five, drop the least important. Add as many rows as needed but stick with five groups. See below example:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Example** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Discarded** |
| Abundance |  |  |  |  |  |  |
| Freedom |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Growth |  |  |  |  |  |  |
| Independence |  |  |  |  |  |  |
| Peace |  |  |  |  |  |  |
| Security |  |  |  |  |  |  |
| Wealth |  |  |  |  |  |  |

1. **Identify one word/value within each group that best represents the entire group. Again, do not overthink your labels, go with the word that resonates most. There are no right or wrong answers. You are defining the answer that is right for you. See the example below––the chosen value for the group is Freedom, in bold:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Example** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Discarded** |
| Abundance |  |  |  |  |  |  |
| **Freedom** |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Independence |  |  |  |  |  |  |
| Peace |  |  |  |  |  |  |
| Security |  |  |  |  |  |  |
| Wealth |  |  |  |  |  |  |

1. **Once you have your top 5 values, list them in the below table. They do not have to be in any particular order.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Example** | **Value 1** | **Value 2** | **Value 3** | **Value 4** | **Value 5** |
| Freedom |  |  |  |  |  |

1. **Finally, ask yourself the below questions and write down your answers:**
2. Why is this value important to me? Give one good, strong reason
3. Who am I when I am expressing this value? Consider how you behave, feel and think
4. How well are you currently expressing this value? Note where this is currently present in your life
5. Where are you not honouring this value? Note a situation in your life that’s restricting you from expressing this value
6. What changes do you need to make to align yourself more to this value? Consider this could take up to 12 months––some big changes may be required!
7. Note everything down and we will discuss over the course of our sessions