

Determine Your Core Values

Step 1. In this exercise, you will focus on **your values**. As you rate each value, think about how important the value is to you. Keep in mind that there are no right or wrong values; it is a process of identifying what matters most to you rather than to someone else. Rate each of the following values on a scale from “1” to “5” with “5” being a most important value to you and “1” being not important.

- _ Achievement – desired outcomes resulting from persistent endeavor
- _ Aesthetics – appreciation and enjoyment of beauty and artistic experiences
- _ Altruism – active concern for the needs and values of others
- _ Ancestry – those who came before us; our line of descent
- _ Autonomy – the drive to be independent, self-determining individual
- _ Community – people who care about something and pursue it together
- _ Competency/skill – Competence in performing given tasks
- _ Control/influence – Authority or influence over others
- _ Creativity – the ability to transcend traditional ideas, rules, patterns, relationship or the like to create meaningful new ideas, forms, methods and interpretations
- _ Dignity – demonstrating behavior and stature that earn the respect of self and others
- _ Emotional wellbeing – inner peace, abiding confidence, freedom from anxieties, tranquility
- _ Family – person(s) with whom you have an emotional and/or biological bond
- _ Harmony – unity in relationships; the absence of conflict and strife between associates
- _ Health – Soundness of body, mind, and spirit
- _ Honesty – truth, openness, and fairness of conduct; integrity
- _ Honor – a recognition bestowed on one who has distinguished themselves from peers by living a life of superior standing
- _ Humility – the ability to be honest with yourself; meek, teachable, and open to change
- _ Justice – behavior that conforms to what is right, fair and reasonable
- _ Knowledge – facts and lessons learned; understanding or awareness of principles that organize and explain
- _ Love – unselfish devotion that freely accepts another person
- _ Loyalty – maintained allegiance to a person, group, institution or idea
- _ Passion – the “fire within” that brings rewards beyond any monetary gain or satisfaction from your work
- _ Pleasure – enjoyment and gratification delivered from that which is to one’s liking
- _ Recognition – favorable attention and acknowledgement from others that makes one feel significant
- _ Relationships – being surrounded by people who like you and care about you
- _ Spirituality/religion – Communion with, obedience to, and activity in relationship with a Supreme Being
- _ Wealth – an abundance of valued material possessions and resources; economic prosperity
- _ Other? _____

Values from 2008, Gallup, Inc.

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Choose your top values

Step 2. Answer the questions below.

Which values did you list as “5”? List those below.

Among these, what are the three values that are ***absolutely critical*** to you? List those below.

Think about times when the values you listed above were important to you. Describe in a few sentences why these values are important to you.

Add a Verb to Each Value Label

Step 4: Add a verb to the three values so you can see what it looks like as an actionable core value. For example:

- Live with dignity.
- Act in love.
- Promote emotional well-being.

This will guide you in the actions you need to take to feel like you are truly living on purpose.

Finally, Post Your Core Values Where You See Them when Faced with Decisions

Step 5: Write your core values in order of priority in your planner, so they are available as an easy reference when you are faced with decisions. Put them on a sticky on the edge of your computer screen. For example:

1. Live with dignity.
2. Act with love.
3. Promote emotional well-being.

Source: <https://www.taproot.com/live-your-core-values-exercise-to-increase-your-success/>

Values from 2008, Gallup, Inc.

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