



MY Core Values

- Determine your core values. From the list below, choose and highlight every core value that resonates with you. Do not overthink your selections. There are no right or wrong answers, just what stands out to you. As you read through the list, simply highlight the words that feel like a core value to you. If there is a value not on the list write it in the empty spaces.
- Values change over time, and deepen as you understand yourself better - they are always moving. Your Values can also be situational e.g. what's true for you at work may not be true for you at home.

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| 1. Accomplishment | 34. Focus | 67. Presence |
| 2. Accuracy | 35. Forgiveness | 68. Productivity |
| 3. Acknowledgement | 36. Freedom | 69. Recognition |
| 4. Adventure | 37. Friendship | 70. Respect |
| 5. Authenticity | 38. Fun | 71. Resourcefulness |
| 6. Balance | 39. Generosity | 72. Romance |
| 7. Beauty | 40. Gentleness | 73. Safety |
| 8. Boldness | 41. Growth | 74. Self-Esteem |
| 9. Calm | 42. Happiness | 75. Service |
| 10. Challenge | 43. Harmony | 76. Simplicity |
| 11. Collaboration | 44. Health | 77. Spaciousness |
| 12. Community | 45. Helpfulness | 78. Spirituality |
| 13. Compassion | 46. Honesty | 79. Spontaneity |
| 14. Comradeship | 47. Honour | 80. Strength |
| 15. Confidence | 48. Humour | 81. Tact |
| 16. Connectedness | 49. Idealism | 82. Thankfulness |
| 17. Contentment | 50. Independence | 83. Tolerance |
| 18. Contribution | 51. Innovation | 84. Tradition |
| 19. Cooperation | 52. Integrity | 85. Trust |
| 20. Courage | 53. Intuition | 86. Understanding |
| 21. Creativity | 54. Joy | 87. Unity |
| 22. Curiosity | 55. Kindness | 88. Vitality |
| 23. Determination | 56. Learning | 89. Wisdom |
| 24. Directness | 57. Listening | 90. _____ |
| 25. Discovery | 58. Love | 91. _____ |
| 26. Ease | 59. Loyalty | 92. _____ |
| 27. Effortlessness | 60. Optimism | 93. _____ |
| 28. Empowerment | 61. Orderliness | 94. _____ |
| 29. Enthusiasm | 62. Participation | 95. _____ |
| 30. Environment | 63. Partnership | 96. _____ |
| 31. Excellence | 64. Passion | 97. _____ |
| 32. Fairness | 65. Patience | 98. _____ |
| 33. Flexibility | 66. Peace | 99. _____ |

Remember: When it comes to our Values, there is no right or wrong - only who WE are!

"You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful." Annie Lennox



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- Group all similar values together from the list of values you just highlighted. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important to you. See the example below:

Abundance Growth Wealth Security Freedom Flexibility	Acceptance Compassion Intuition Kindness Love Relationships Making a Difference	Appreciation Encouragement Thoughtfulness Mindfulness	Health Balance Personal Development Spirituality Well-Being	Cheerfulness Happiness Fun Joy Playfulness Optimism
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- Choose one word within each group that best represents the label for that group. You are choosing a word that best defines the group based on what is right for you. There are no right or wrong answers. See the examples below:

Abundance Growth Wealth Security Freedom Flexibility	Acceptance Compassion Intuition Kindness Love Relationships Making a Difference	Appreciation Encouragement Thoughtfulness Mindfulness	Health Balance Personal Development Spirituality Well-Being	Cheerfulness Happiness Fun Joy Playfulness Optimism
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