

# **Values Exercise**

# Pinpoint Your Core Values



3 minutes

- Bring out your notebook.
- Identify every core value that resonates with you from the list on the next slide.
- Don't overthink it - just write down the words that feel like a personal core value.
- This is not an exhausted list, so if you think of a value that's not on the list, you are welcome to write it down.

Abundance	Collaboration	Fairness	Joy	Popularity	Simplicity
Acceptance	Community	Family	Kindness	Power	Spirituality
Accountability	Commitment	Flexibility	Knowledge	Preparedness	Stability
Achievement	Compassion	Friendships	Leadership	Proactivity	Success
Adventure	Consistency	Freedom	Learning	Proactive	Teamwork
Advocacy	Contribution	Fun	Love	Professionalism	Thankfulness
Ambition	Cooperation	Generosity	Loyalty	Punctuality	Thoughtfulness
Appreciation	Creativity	Grace	Making a Difference	Quality	Traditionalism
Attractiveness	Credibility	Growth	Mindfulness	Recognition	Trustworthiness
Autonomy	Curiosity	Happiness	Mission Oriented	Relationships	Understanding
Balance	Daring	Health	Motivation	Reliability	Uniqueness
Being the Best	Decisiveness	Honesty	Optimism	Resilience	Usefulness
Benevolence	Dedication	Humility	Open-Mindedness	Resourcefulness	Versatility
Boldness	Dependability	Humor	Originality	Responsibility	Vision
Brilliance	Diversity	Inclusiveness	Passion	Responsiveness	Warmth
Calmness	Empathy	Independence	Performance	Risk Taking	Wealth
Caring	Encouragement	Individuality	Personal	Safety	Well-Being
Challenge	Enthusiasm	Innovation	Development	Security	Wisdom
Charity	Ethics	Inspiration	Peace	Self-Control	Zeal
Cheerfulness	Excellence	Intelligence	Perfection	Selflessness	
Cleverness	Expressiveness	Intuition	Playfulness	Service	



2 minutes

## Group Similar Values

- Find a way that makes sense to you, and create maximum five groups of similar values.
- If you have more than five groupings, drop the least important one.

### Example

Abundance  
Growth  
Wealth  
Security  
Freedom  
Independence  
Flexibility  
Drive

Acceptance  
Compassion  
Kindness  
Love  
Mission oriented  
Open-mindedness  
Relationships

Appreciation  
Encouragement  
Thankfulness  
Thoughtfulness  
Mindfulness

Balance  
Health  
Spirituality  
Well-being  
Clarity  
Focus

Cheerfulness  
Fun  
Happiness  
Humor  
Joy  
Optimism  
Playfulness



## Choose Primary Word

- Pick one word from each group that you believe represents the label for the entire group.
- Don't overthink it - there are no right or wrong answers, just what's right for you.

### Example

Abundance  
Growth  
Wealth  
Security  
Freedom  
Independence  
Flexibility  
Drive

Acceptance  
Compassion  
Kindness  
Love  
Mission oriented  
Open-mindedness  
Relationships

Appreciation  
Encouragement  
Thankfulness  
Thoughtfulness  
Mindfulness

Balance  
Health  
Spirituality  
Well-being  
Clarity  
Focus

Cheerfulness  
Fun  
Happiness  
Humor  
Joy  
Optimism  
Playfulness



2 minutes

## Add A Verb

By adding a verb, you can see what it looks like as a actionable core value.  
This will guide you in the actions you need to take to feel like you are truly

### Example

Thoughtfulness: Prioritize being thoughtful

Driven - Lead the driven

Mission oriented - Personify my mission

Clarity - Provide clarity

Playfulness - Practice being playful

# Prioritize

Now, write down your actionable core values in order of priority.

## Example

1. Prioritize being thoughtful
2. Lead the driven
3. Personify my mission
4. Provide clarity
5. Practice being playful



1 minute



5 minutes

## Personal Mission

Turn your core values into a personal mission statement, using your core values.

### Example

Driven by a pursuit of clarity, I've thoughtfully prioritized my values into a pithy mission statement.