

# CORE VALUES

## Discover your personal Core Values

Use this exercise to discover the Core Values that support you to make good decisions and live with meaning, purpose and joy.

### Part One

Build your master values list.

Using the example lists provided below, build your own master list of personal values here. Include 20–30 values that are important to you:

#### Example values lists:

[From Brené Brown](#)

[From James Clear](#)

[From Scott Jeffrey](#)

#### TIP:

As you make your master values list, pay attention to any values that feel similar and could fit together into groups or themes. You'll use these groups in part 2.

## Part Two

From your master values list, create some values groups, name these groups with a keyword and then pick your top 5 Core Values.

Group 1:

Group 2:

Group 3:

Group 4:

Group 5:

Note: You don't have to use all 5 groups here. These groups are simply a way to help you find keywords that summarize the theme of several similar or related values.

From your master list, or the keywords of your groups above, pick the top 5 Core Values that describe what matters most to your best self:

## Part Three

Prioritize your Core Values, find your Guiding Values and give each value context and meaning.

From your top 5, which two Core Values take priority over the others? These are your Guiding Values; acting like your North Star.

**Guiding Value 1:**

**Guiding Value 2:**

Now let's prioritize your top 5 Core Values. Your Guiding Values will be numbers 1 and 2 here. Knowing the importance of your values as they relate to each other is helpful for making hard life decisions; i.e. whether to accept a promotion (career) that will mean more time away from home (family.)

**Guiding Value 1:**

**Guiding Value 2:**

**Value 3:**

**Value 4:**

**Value 5:**

**Notes and Reflections:**

## Part Three (cont.)

Prioritize your Core Values, find your Guiding Values and give each value context and meaning.

Finally, let's create a statement of context and meaning for each of your Core Values. For example: "**Community** means building strong relationships and connections with the people around me, and letting myself be supported by others when I need it."

**Guiding Value 1:**

**Guiding Value 2:**

**Value 3:**

**Value 4:**

**Value 5:**

Creating a context statement helps you visualize your values at work in real life, and what it will actually look like to live in alignment with your values.

**Notes and Reflections:**