



## VALUES EXERCISE

This exercise is useful in helping you determine your core values. As you work through the list provided, know this is not a complete list and you are welcome to add in words that may resonate as you work.

1. Using the following table of words, write down or circle every word that evokes a feeling within you. There is no right or wrong word. This is strictly based off that initial gut reaction that the word is right for you. It feels authentic to you.

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

2. Now you will group similar values or words together from the ones you wrote or circled. Group them in a way that is authentic and makes sense to you. Again, there is no right or wrong to this exercise. Make no more than 5 groupings. Example: Caring, Joy, Kindness, Honesty, Thoughtfulness.

3. Choose one word in the groupings you made that would best represent that grouping as a label. Try not to over think this process. Go with your intuition and gut on what feels authentic to you. After you identify all the grouping labels, you have identified your top values. Example using the words from step 2, you could “label” this section as Honesty and that would be your Core Value: Caring, Joy, Kindness, Honesty, Thoughtfulness.