

9 Step To Define Your Core Values

Steps 1&2 - Write down thoughts on core values

Sample Core Values to get you started

<p>Perseverance: Continuing to work towards a goal despite challenges or obstacles.</p>	<p>Compassion: Showing empathy and understanding towards others who may be experiencing difficult situations.</p>	<p>Authenticity: Being true to oneself and not pretending to be someone else.</p>
<p>Positive attitude: Maintaining a hopeful and optimistic outlook on life.</p>	<p>Authentic communication: Speaking truthfully and genuinely expressing oneself.</p>	<p>Balance: Maintaining a healthy equilibrium in one's personal and professional life.</p>
<p>Wisdom: Having sound judgment and using experience and knowledge to make good decisions.</p>	<p>Purpose: Having a clear sense of direction and meaning in one's life and work.</p>	<p>Civility: Treating others with courtesy and respect, even in difficult situations.</p>
<p>Empowerment: Supporting and enabling others to reach their full potential.</p>	<p>Freedom: Valuing and protecting individual rights and freedoms.</p>	<p>Clarity: Communicating clearly and effectively with others.</p>
<p>Patience: Being able to wait for something without becoming frustrated or agitated.</p>	<p>Graciousness: Being polite, courteous, and showing good manners.</p>	<p>Cooperation: Working together with others to achieve a common goal.</p>
<p>Humility: Recognizing one's limitations and being modest.</p>	<p>Fairness: Treating everyone equally and without bias.</p>	<p>Creativity: Thinking outside the box and coming up with innovative solutions.</p>
<p>Vision: Having a clear and inspiring picture of the future and working towards making it a reality.</p>	<p>Quality: Delivering excellence and attention to detail in all aspects of one's work and relationships.</p>	<p>Decisiveness: Making timely and well-informed decisions.</p>
<p>Dedication: Being committed to achieving one's goals and pursuing one's passions.</p>	<p>Stewardship: Taking responsibility for managing and protecting resources, both natural and man-made</p>	<p>Excellence: Striving for the highest standards of performance and achievement.</p>

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Forgiveness: Letting go of resentment and anger towards oneself and others.	Equality: Believing in and supporting equal rights and opportunities for all people.	Generosity: Sharing one's time, resources, and talents with others.
Frugality: Being economical and resourceful in one's personal and professional life.	Growth: Continuously learning and developing new skills and knowledge.	Harmony: Promoting cooperation and collaboration in relationships and communities.
Education: Valuing and pursuing knowledge and personal growth.	Environmentalism: Protecting and preserving the natural world and its resources.	Honesty: Being truthful and sincere in one's words and actions.
Humor: Finding joy and laughter in life and not taking oneself too seriously.	Independence: Being self-sufficient and not relying on others for everything.	Innovation: Encouraging and implementing new ideas and approaches.
Initiative: Taking the lead in creating and pursuing opportunities for oneself and others.	Justice: Upholding and defending principles of fairness and equality for all.	Leadership: Guiding and inspiring others to achieve common goals.
Kindness: Showing compassion and consideration towards others.	Love: Feeling a deep affection and connection towards oneself and others.	Mindfulness: Being present and aware of one's thoughts, feelings, and surroundings.
Gratitude: Appreciating and expressing thankfulness for the people, experiences, and opportunities in one's life.	Courage: Taking action despite fear or uncertainty.	Open-mindedness: Being receptive to new ideas and perspectives.
Justice: Promoting fairness and equality for all people.	Passion: Pursuing one's interests and goals with enthusiasm and energy.	Resilience: Bouncing back from adversity and overcoming challenges.
Integrity: Adhering to moral and ethical principles and being honest with oneself and others.	Respect: Treating oneself and others with dignity and kindness.	Responsibility: Taking ownership of one's actions and being accountable for the consequences.
Loyalty: Being committed to one's relationships and obligations.	Self-discipline: Having the ability to control one's own behavior and emotions.	Self-awareness: Understanding one's own strengths, weaknesses, and emotions.

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<p>Accountability: Accepting responsibility for one's actions and decisions.</p>	<p>Flexibility: Being adaptable to change and willing to try new approaches.</p>	<p>Self-care: Taking care of one's physical, emotional, and mental well-being.</p>
<p>Optimism: Believing in the potential for positive outcomes and opportunities.</p>	<p>Reliability: Being consistent and dependable in one's commitments and obligations.</p>	<p>Self-confidence: Believing in oneself and one's abilities.</p>
<p>Self-improvement: Striving to better oneself and learn from past experiences.</p>	<p>Service: Helping others and contributing to the well-being of the community.</p>	<p>Teamwork: Collaborating and working effectively with others towards a common goal.</p>
<p>Ambition: Setting goals and working hard to achieve them.</p>	<p>Empathy: Understanding and connecting with the emotions and experiences of others.</p>	<p>Trustworthiness: Being reliable and dependable, and maintaining confidentiality when necessary.</p>
<p>Tolerance: Respecting and accepting diverse opinions, beliefs, and lifestyles.</p>	<p>Understanding: Taking the time to listen and empathize with others.</p>	<p>Unity: Working together to create a cohesive and harmonious society</p>
<p>Focus: The ability to concentrate on a particular goal, task, or objective without allowing distractions to divert attention or energy.</p>		

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Steps 3&4 - Circle the Top 20 and define “why” each resonates with you

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

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Step 5 - Find Synonyms and Antonyms

Word	Synonym	Antonym

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Step 6 - Now Group your Top 20 by themes

Step 7 - What specific examples of action when you have shown it to be true by investing energy, time, and/or money?

1. _____
2. _____
3. _____
4. _____

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5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 8 - What was the feedback?

1. _____
2. _____
3. _____
4. _____
5. _____

Step 9 - What are your Top 3 to 5?

6. _____
7. _____
8. _____
9. _____
10. _____