

Identify Your Core Values

Values are traits or qualities represent your highest priorities and deeply held driving forces. When you are part of an organization, family or any other group, you bring your deeply held values and beliefs and add them to the mix of the other members.

Your values are made up of everything that has happened to you in your life and include influences from: your parents and family, your culture, your religion, your friends and peers, your education and more.

Effective leaders recognize these environmental influences and identify and develop a clear, concise and meaningful set of value, beliefs ad priorities. Once defined, values impact every aspect of our life.

- You demonstrate and model your values in action in your personal and work behaviors, decision making, contributions and interpersonal interactions
- You use your values to make decision about priorities in your daily work and home life.
- Your goals and life purpose/personal mission statement are grounded in your values.

It is important to identify your Core Values that will form the basis for leading a mission driven life.

“Without a compass a ship stays lost at sea.”

From the list on the next page choose and circle 20-25 words that you find important.

Acceptance Accomplishment Achievement Acquisition Adventure Alignment Altruism Amusement Assistance Attractiveness Authenticity Awareness Beauty Being Bliss Calm Charity Coach Community Compassion Comprehending Connection Consciousness Consideration Constancy Contentment Contribution Cooperation Courage Create Creativity Danger Dare Delight Dependability Detection Dignity Direct Discovery Discrimination Distinguish Diversity Economic Security Education Effectiveness	Elegance Emotional Wellbeing Empathy Encourage Encouragement Energy Enlightenment Entertainment Environment Equality Ethics/Ethical Excellence Experience Experiment Expertise Explain Exquisiteness Facilitation Fairness Faith Fame Family Feeling good Fitness Freedom Friendship Fun Generosity Grace Gratitude Guidance Happiness Harmony Health Honesty Honor Hope Humility Imagination Improvement Independence Influence Information Inner peace Innovation Inspiration	Instruction Integrity Intelligence Inventiveness Joy Justice Kindness Knowledge Laughter Leadership Learning Love Loyalty Magnificence Mastery Merriment Nobility Nurturance Observation Order Organization Originality Peace Peacefulness Perception Personal Development Play Pleasure Positive Attitude Power Preparation Presence Proficiency Provider Quest Radiance Recognition Relatedness
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Now group these words into five main categories, placing each value into what you think are like values.

Then choose one word from each group that you feel best represents or encompasses the meaning of the entire group

MY TOP 5 CORE VALUES ARE:

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

On a scale of one to ten rate how well you are currently living that value. One being not at all, ten being totally immersed.

Example:

- 1. Wealth.....5
- 2. Knowledge....5
- 3. Personal Development....2
- 4. Integrity....8
- 5. Health....6

Total....26 out of possible 50.

From this example only 50% of my current purpose/mission would be infused with my core values.

Is your life in line with your core values?

What are three steps you could take right now to start living your core values?