

# 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.

We have many values so it is important to identify the Core Value most important to you and that form the foundation for your authentic leadership.

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

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

# CORE VALUES

Accomplishment	Achievement	Adventure	Improvement
Altruism	Authenticity	Awareness	Influence
Beauty	Calm	Charity	Inner Peace
Community	Compassion	Consideration	Joy
Contentment	Contribution	Cooperation	Justice
Courage	Creativity	Dependability	Kindness
Dignity	Discovery	Direct	Integrity
Diversity	Security	Education	Intelligence
Effectiveness	Empathy	Energy	Knowledge
Enlightenment	Equality	Excellence	Laughter
Experience	Fairness	Faith	Leadership
Fame	Family	Fitness	Learning
Freedom	Friendship	Fun	Love
Generosity	Grace	Gratitude	Loyalty
Guidance	Happiness	Harmony	Mastery
Health	Honesty	Hope	Order
Honor	Humility	Imagination	Peace
Originality	Personal Development	Play	Positive Attitude
Power	Presence	Provider	Radiance
Recognition	Relationships	Relaxation	Religion
Respect	Responsible	Safety	Risk
Self-Worth	Self-Awareness	Sensuality	Service
Simplicity	Service	Stability	Strength
Success	Support	Touch	Tranquility
Trust	Understanding	Truth	Vision
Wealth	Wholeness	Winning	Wisdom

Write your own here:

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.

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Is your life in line with your core values?

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