

CORE VALUES EXERCISE

Your core values are the fundamental beliefs that guide your life. When you identify your core values and read them daily, you'll be able to make big and small decisions with ease. You'll feel confident and grounded knowing that you're living the principles that are most important to you.



HOW TO IDENTIFY YOUR CORE VALUES

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When you have a difficult decision to make, ask yourself, “Is it in alignment with my Core Values?” Do the exercise below to identify your top five core values.

Directions:

From the list on the next page, circle all the words that feel important to you as a core value. Don't overthink it, just choose the ones that resonate with you most. If you think of a word that's not listed, add it below. You should have around 15-25 words.

Group the words that have a similar meaning to you into five different groups. For example, you could group empowerment, freedom and independence together.

Go through the five groups and choose the word that most resonates with you. You should have five words that represent your most important core values right now.

Put them in order of most important to least and write them where you can read them daily. You can write them on an index card, in the front of your journal, or you can download the Compass Card from the Free Resources tab at www.balancedpathcoaching.com and write them there.

Read them in the morning and at night. Ask yourself if you acted in alignment that day with your core values. If not, what can you do differently tomorrow?



achievement
advancement
adventure
affection
balance
beauty
children
commitment
communication
competition
cooperation
creativity
economic security
education
empowerment
excellence
fame
family
freedom
friendship
fun
God
growth
happiness
health/fitness
helpfulness
honesty
independence
inner harmony
integrity
intimacy
involvement
job/career
learning
leisure
liberty
love
loyalty
marriage
money
nature
order
peace
pleasure
power
purpose
recognition
responsibility
romance
security
self-confidence
self-expression
self-involvement
self-respect
solitude
spirituality
trust
truth
unity
valor
variety
wealth
wholeness
wisdom



CORE VALUES

GROUP YOUR CORE VALUES HERE

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RANK YOUR CORE VALUES HERE

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