



DISCERNING VALUES

CORE VALUES

Part One

Look at the values list on the next page. Highlight the values that resonate most with you. Do not overthink it. If values not on the list occur to you, write those down as well.

Make a list of your top 10 values.

From that list, consider if there are 2-3 values that are core or non-negotiable for you. These are likely a few values that guide or inform the others or that you need in order to feel grounded, whole, and aligned. They are likely difficult to hold at times, reflecting who you are when you are at your best.

Part Two

Now, go through the list and highlight competing values that show up when you're fearful or reactive or not at your best. These are likely values that you've internalized from society, community, workplace, culture, or your family of origin.

From that list, identify 2-3 values that regularly get in the way of you acting in alignment with your core values.

Identify a question, intention, or practice that will help you observe and/or transform your relationship with these values.



DEFINING VALUES

GETTING INTO ACTION

Defining values through behaviors...

Pick the two or three values that feel most core to who you are and how you choose to lead your life.

1. What behaviors of yours align to living out each value?
2. What behaviors of yours work against living out each value?
3. Remember and describe a situation when you were fully living each value.
 - a. How did it feel?
 - b. What were the internal thoughts, sensations, and emotions that supported you in living that value?
 - c. What were the external conditions that supported you in living that value?
 - d. Anything else of note?
4. Remember and describe a situation when you were NOT fully living each value.
 - a. How did it feel?
 - b. What were the internal thoughts, sensations, and emotions that hindered you in living that value?
 - c. What were the external conditions that hindered you in living that value?
 - d. Anything else of note?
5. Name an insight or intention you can bring into the week ahead.

VALUES LIST

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

(What else? Note that this list is not comprehensive.)