The Core Values Exercise

Achievement	Advancement	Challenge	Change
Community	Competence	Competition	Cooperation
Creativity	Decisiveness	Democracy	Effectiveness
Efficiency	Excellence	Excitement	Friendships
Timeliness	Helping Others	Honesty	Independence
Courtesy	Adventure	Integrity	Fairness
Job Tranquility	Knowledge	Leadership	Loyalty
Meaningful Work	Bravery	Personal Development	Compassion
Power & Authority	Privacy	Fun	Recognition
Control	Responsibility	Reputation	Security
Self-Respect	Sustainability	Sophistication	Stability
Status	Wealth	Wisdom	Discipline
Perseverance	Elegance	Legacy	

Instructions

Use these values to reflect on what is important to you.

Cut out the values above or re-write them on cards

Go through them one at a time and put them into one of two piles.

The first pile is **KEEP,** which means "Yes that value is important to me"
The second pile is **DROP**, which means "It's not one of my core values"

Once you have got through the whole set, take the **KEEP** pile and repeat the process

Do this until you have 5 or 6 core values that are the **MOST** important to you

By knowing your values it is easier to act more consciously in line with them.

Knowing what is most important to you will help you make some tricky decisions with greater comfort.

Perhaps you can reflect on how often you act in line with them every day?

Feel free to run this exercise frequently to see if your values change over time.

Feel free to add your own values into the exercise. You are not constrained by the ones provided here.