

Core Values Activity

First select the values that appeal to you.

**Note: words are categorized by A-Z, not by column.*

Adventure	Dependable	Fun-loving	Innovative	Openness
Abundance	Diversity	Freedom	Inspirational	Passionate
Accountability	Devotion	Fairness	Intelligent	Professional
Attractiveness	Dangerous	Giving/Generous	Inventive	Powerful
Ambition	Ethics	Gracious	Influential	Peaceful
Achievement	Expressive	Gamble	Intuitive	Playful
Brilliance	Encouraging	Growth	Joyousness	Performance oriented
Balance	Experimental	Guide	Jubilance	Relationships
Boldness	Enthusiastic	Glowing	Kind	Responsible
Best	Empathetic	Grateful	Knowledgeable	Resilience
Curiosity	Educational	Humility	Loving	Right
Creativity	Enlightening	Humanitarian	Loveliness	Respectful
Collaboration	Energetic	Humorous	Lively	Successful
Community	Emotive	Healthy	Learning	Simplicity
Caring	Enjoyment	Happiness	Loyal	Stable
Committed	Excellence	Holy	Mindfulness	Thankful
Challenge	Facilitator	Honouring	Merriment	Teamwork
Cooperation	Flexible	Individuality	Motivated	Trusting
Dedication	Family	Independence	Original	Unique
Daring	Friendships	Inclusivity/Inclusive	Optimistic	Visionary
Add any other values you wish to add to your list that do not appear in the above table:				Wealthy
				Wisdom

Next, group similar values together so they make sense to YOU! Ideally you should only have 3-5 categories. If you have more than 5 categories, it will be too daunting.

For example, some of your category headings might be: Abundance, Adventure, Compassion, Appreciation, Health, Happiness, Joy, Beauty, Contribution, Spiritual, Educate, Inspiration, Leading, Discovery, Mastery, Mindfulness, Community, Creation, Energy etc...

Finally, choose the word in each group that resonates with you the most. Highlight it AND remember not to overthink this process.

Once you've completed this activity you will have the values that most closely align with YOU!

List your 3-5 most prominent values below:

1. _____

2. _____

3. _____

4. _____

5. _____

Now that you have completed the activity, make sure you repeat these values to yourself daily as a mantra OR place these values in a highly visible location you will look at daily to act as a reminder of how you wish to live through your values on a consistent basis!