



IDENTIFYING YOUR CORE LIFE VALUES

Our core values are deep beliefs that drive what we expect, our choices and priorities. Here's the kicker -- values are aspirations, they're behavioral expressions of what matters most to us. Hence, core values connect us with our deepest life satisfaction and ground us. Living outside of one's values feels disorienting, frustrating and dissonant. Areas that we express our values are vocation, hobbies, relationships and advocacy, to name a few. Our values are so much a part of who we are. To honor and protect them, we set and communicate boundaries. We also look to our trusted circle to help us remain accountable and walk out life in our integrity.



CHALLENGE: Share this activity with your loved ones and discuss how you each can support one another in living into your values.

Accountability	Cooperation	Gentleness	Listening	Service	Usefulness
Accuracy	Courage	Giving Back	Love	Simplicity	Vision
Achievement	Creativity/Innovation	Grace	Loyalty	Spirituality	Vitality
Adaptability	Curiosity	Gratitude	Nature	Spontaneity	Vulnerability
Adventure	Dignity	Growth	Openness	Sportsmanship	Wealth
Ambition	Directness	Happiness	Optimism	Stewardship	Whole-Being
Authenticity	Discovery	Harmony	Order	Success	Wisdom
Balance	Diversity/Inclusion	Health (Well-Being)	Parenting	Tact	Other:
Beauty	Environment	Home Life	Passion	Team	
Being the best	Efficiency	Honesty	Patience	Thrift	
Belonging	Equality/Justice	Honor	Patriotism	Tim	
Boldness	Ethics	Hope	Peace	Tradition	
Calm	Excellence	Humility	Perseverance	Travel	
Career	Fairness	Humor	Power	Trust	
Caring	Faith	Independence	Pride	Truth	
Challenge	Family Life	Integrity	Presence	Understanding	
Collaboration	Financial Stability	Intuition	Recognition	Uniqueness	
Commitment	Flexibility	Job Security	Reliability	Unity	
Community	Focus	Joy	Resourcefulness	Usefulness	
Compassion	Forgiveness	Kindness	Respect	Vision	
Competence	Freedom	Knowledge	Responsibility	Vitality	
Confidence	Friendship	Leadership	Risk-Taking	Vulnerability	
Connection	Fun	Learning	Safety	Wealth	
Contentment	Future Generations	Legacy	Self-Discipline	Whole-Being	
Contribution	Generosity	Leisure	Serenity	Wisdom	