

# **MEME AND MEANING**

# DISCOVERING YOUR CORE VALUES

#### **ROUGH SKETCH**

Quickly scan over the core values list at the end of this worksheet, and circle or designate in some way twenty or so values that stand out to you as particularly important. This is important so you can narrow down the values that may be central to you and pay special focus to them when considering the questions exercises below.

### REFLECT

Answer the following three questions for each situation below:

- 1. What were you doing?
- 2. What did you love most about that moment?
- 3. How does one or some of your initial values fit in at that moment? Which ones stand out?

Consider the Times Where:

- You felt most alive
- You felt filled with purpose and meaning (or at least more of it)
- Where you understood the value of service and contribution to the world on a feeling level
- When you couldn't help but smile ear to ear
- Where you couldn't help but feel grateful for your life despite all the ways it could be better

Now, take a look at your answers and try to notice any common themes between them. Especially notice those values which may have repeatedly shown up in the third question.

#### DEFINE

Don't look at what a dictionary says and don't ask someone what it means. Look toward yourself, what does this word that carries such great significance actually mean *to you*? What does it, or would it look like tangibly in your life if fully embodied?

#### **PRIORITIZE**

There will come times where you must choose between situations and opportunities that are aligned with your different values. To make the best decision for yourself, you must understand beforehand what matters most. Order these in terms of priority, come up with

a list that feels representative of yourself, and narrow it down to 10*ish* values in total.

Most importantly, feel into yourself and honor whatever presents itself.

No judgment.

No bull shit.

## **CORE VALUES LIST**

Feel free to add or consider other values in addition to these, this list is in no way

#### comprehensive.

Authenticity	Connection	Exploration
Accountability	Consistency	Expressiveness
Accuracy	Contentment	Fairness
Achievement	Contribution	Faith
Adventurousness	Creativity	Freedom
Authenticity	Decisiveness	Fulfillment
Ambition	Dependability	Generosity
Assertiveness	Determination	Giving
Balance	Devoutness	Goodness
Belonging	Diligence	Growth
Boldness	Discipline	Hard Work
Calmness	Discretion	Honesty
Carefulness	Diversity	Hope
Certainty	Effectiveness	Humility
Challenge	Efficiency	Independence
Change	Empathy	Ingenuity
Clear-Mindedness	Enthusiasm	Identity
Commitment	Equality	Increase
Community	Excellence	Justice
Compassion	Excitement	Leadership

LegacyRiskThoroughnessLoveSecurityTimelinessLoyaltySelf ActualisationToleranceObedienceSelf-controlTraditionalismOpennessSelf ImprovementTrustworthiness

Peace Sharing Truth

Practicality Significance Uncertainty
Purpose Selflessness Understanding
Professionalism Self-Worth Uniqueness

Progress Spontaneity Unity
Reliability Stability Variety
Resourcefulness Teamwork Vision
Relationships Temperance Vitality