

## Living From Your Core Values

To create a deeper understanding of how you can live a more fulfilling life and communicate more effectively with others, it's important to know what foundation your life and career are built upon – i.e. your personal and professional values.

From the list below identify your core values that drives your life and work.

**Directions:** With a highlighter, rate each value as either:  
**Very Important to Me** (green) | **Important to Me** (yellow) | **Not Important to Me** (pink)

### VALUES LIST

<b>Acceptance:</b> to be accepted as I am	<b>Growth:</b> to keep changing and growing	<b>Responsibility:</b> to make and carry out responsible decisions
<b>Accuracy:</b> to be accurate in my opinions and beliefs	<b>Health:</b> to have good health and well-being	<b>Risk:</b> to take risks and chances
<b>Achievement:</b> to have important accomplishments	<b>Helpfulness:</b> to be helpful to others	<b>Romance:</b> to have intense, exciting love in my life
<b>Adventure:</b> to have new and exciting experiences	<b>Honesty:</b> to be honest and truthful	<b>Safety:</b> to be safe and secure
<b>Attractiveness:</b> to be physically attractive	<b>Hope:</b> to maintain a positive and optimistic outlook	<b>Self-Acceptance:</b> to accept myself as I am
<b>Authority:</b> to be in charge of and responsible for others	<b>Humility:</b> to be modest and unassuming	<b>Self-Control:</b> to be disciplined in my own actions
<b>Autonomy:</b> to be self-determined and independent	<b>Humor:</b> to see the humorous side of myself and the world	<b>Self-Esteem:</b> to feel good about myself
<b>Beauty:</b> to appreciate beauty around me	<b>Independence:</b> to be free from dependence on others	<b>Self-Knowledge:</b> to have a deep and honest understanding of myself
<b>Caring:</b> to take care of others	<b>Industry:</b> to work hard and well at my life tasks	<b>Service:</b> to be of service to others
<b>Challenge:</b> to take on difficult tasks and problems	<b>Inner Peace:</b> to experience personal peace	<b>Sexuality:</b> to have an active and satisfying sex life
<b>Change:</b> to have a life full of change and variety	<b>Intimacy:</b> to share my innermost experiences with others	<b>Simplicity:</b> to live life simply, with minimal needs
<b>Comfort:</b> to have a pleasant and comfortable life	<b>Justice:</b> to promote fair and equal treatment for all	<b>Solitude:</b> to have time and space where I can be apart from others
<b>Commitment:</b> to make enduring, meaningful commitments	<b>Knowledge:</b> to learn and contribute valuable knowledge	<b>Spirituality:</b> to grow and mature spiritually
<b>Compassion:</b> to feel and act on concern for others	<b>Leisure:</b> to take time to relax and enjoy	<b>Stability:</b> to have a life that stays fairly consistent
<b>Contribution:</b> to make a lasting contribution to the world	<b>Loved:</b> to be loved by those close to me	<b>Tolerance:</b> to accept and respect those who are different from me
<b>Cooperation:</b> to work collaboratively with others	<b>Loving:</b> to give love to others	<b>Tradition:</b> to follow respected patterns of the past

<b>Courtesy:</b> to be considerate and polite toward others	<b>Mastery:</b> to be competent in my everyday activities	<b>Virtue:</b> to live a morally pure and excellent life
<b>Creativity:</b> to have new and original ideas	<b>Mindfulness:</b> to live consciously and mindful of the present moment	<b>Wealth:</b> to have an abundance of money
<b>Dependability:</b> to be reliable and trustworthy	<b>Moderation:</b> to avoid excesses and find a middle ground	<b>World Peace:</b> to work to promote peace in the world
<b>Duty:</b> to carry out my duties and obligations	<b>Monogamy:</b> to have one close, loving relationship	<b>Other Value:</b>
<b>Ecology:</b> to live in harmony with the environment	<b>Non-Conformity:</b> to question and challenge authority and norms	<b>Other Value:</b>
<b>Excitement:</b> to have a life full of thrills and stimulation	<b>Nurturance:</b> to take care of and nurture others	<b>Other Value:</b>
<b>Faithfulness:</b> to be loyal and true in relationships	<b>Openness:</b> to be open to new experiences, ideas, and options	<b>Other Value:</b>
<b>Fame:</b> to be known and recognized	<b>Order:</b> to have a life that is well-ordered and organized	
<b>Family:</b> to have a happy, loving family	<b>Passion:</b> to have deep feelings about ideas, activities, or people	
<b>Fitness:</b> to be physically fit and strong	<b>Pleasure:</b> to feel good	
<b>Flexibility:</b> to adjust to new circumstances easily	<b>Popularity:</b> to be well-liked by many people	
<b>Forgiveness:</b> to be forgiving of others	<b>Power:</b> to have control over others	
<b>Friendship:</b> to have close, supportive friends	<b>Purpose:</b> to have meaning and direction in my life	
<b>Fun:</b> to play and have fun	<b>Rationality:</b> to be guided by reason and logic	
<b>Generosity:</b> to give what I have to others	<b>Realism:</b> to see and act realistically and practically	
<b>Genuineness:</b> to act in a manner that is true to who I am	<b>Religion:</b> to be connected to a higher power through beliefs and practices	

**\*If you don't see your value listed, add it on in the blank spaces provided.**

\*\* Adapted from W.R. Miller, J. C'de Baca, D.B. Matthews, P.L.. Wilbourne. *University of New Mexico*, 2001.

**Your values can be a single word or you can create strings of values as well.**

Value strings are a series of words that define your value for you.

For example, I have a value called *Ocean*. I define that value as a vast, wide, deep container of love that is a safe space for others to have open-hearted conversations, that enable learning and growth with kindness and compassion for themselves and others.

What would a value string look like for you?

**Other examples are:**

**Ocean**> love, trust, compassion, learning, growth, kindness, truth

**Compassion**> caring for others> civil rights> standing up for others in the face of difficulty.

**Friendship**> caring> honesty> truth> sense of self> self-acceptance.

**Peace**> calm> serenity> being at ease> no struggle> confidence> letting go> no needing to know all the answers

**Of the values you selected, what do you consider to be your core values, that is, the ones that are most meaningful to you that you operate from on a daily basis?**

**In other words, what are the values that you couldn't live without and are "universal" for you in all circumstances?**

# VALUES AWARENESS

Select your top ten values using the Values List and other words you may have chosen to add. One method is to read over the list and check all those that are important to you. Then, narrow the list to your top ten.

In selecting the values, choose those that are truly important to you. It can be tempting to select values that you “should” have.

Write those ten into the table below.

**Then, rate each one on how fully you are living that value at work in each day.**

Assign a number between 1 and 10 for each value.

\* Answer the question, “How fully is this value being fulfilled in my work currently?” Then, assign a number between 1 and 10 where 1 = not at all and 10 = living that value fully.

List Top Ten Values	Rating *
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

## **What's Your Compelling WHY?**

Based on your Core Values, do a quick write here as to what motivates your work each day from the inside out. Then start to notice if your values and your compelling why is aligned with what you're actually living, doing and being in each day.

If it's not where you'd like it to be, then perhaps it's time to make some adjustments.

**If you'd like some assistance to create greater alignment of your values, purpose and passions in your life, drop me a note: [Michele@nectarconsulting.com](mailto:Michele@nectarconsulting.com).**

**I can help you get unstuck, stop spinning in circles and rewire your brain so you can easily make the next leap in your success and happiness.**

**#ReleaseYourStory #RapidRewire #SomedayStartsNow**

**<http://bit.ly/GetYourRapidRewire>**