



## Your Personal Core Values

So what is really important to you? What are the things that make you feel you are really doing what you were put on this earth to do? Which activities leave you feeling fulfilled and satisfied?

What is it about them that make them so special? It is usually the fact that a core value is being met – something like challenge, fun, contribution or family. They will be different for each of us.

**Core values exercises** are very personal. These are the moments when you explore what is important to **you** – not to other people, society, and the world! It is possible that you have never stopped to consider this. You may be unaware of your values because you have never thought about it much. But when you are feeling unfulfilled in your work or life, it is often a sign that what you are doing does not match up with your core values.

I invite you to take time with the **core values exercises** to consciously assess what really matters to you. **Identifying your values will make it much easier for you to make the best choices in regards to your work, your finances and... in all aspects of your life.**

Take some time to reflect on your core values and list them on a sheet of paper. If you are not sure what these values might be, take a look at the list of values I have created as support. Initially you may find it easier if you take a brainstorming approach and generate quite a long list. Once you have made a list of your core values, it will be beneficial to take four more steps.

- Firstly, go over the list being much more selective and narrow it down to your top five or six. You might find it helpful at this point to create two separate lists – one for work values and one for life values, though there is often an overlap between the two.
- Then take each value and spend a bit of time summarizing what it means to you personally and why it matters. So if you have chosen creativity, write down what being creative means to you. Write your definition alongside each value.
- Then the next step is to prioritize them. You can do this by asking yourself *'if I could only have one thing from my life and work, would it be this?'* This helps you decide what really matters to you.
- Finally ask yourself how much your life and work allows you to honor and live from these values.
- Rate each one on a scale of 1 – 10 to indicate the extent that these core values are present in your life and work.

*I hope this checklist of **personal core values** will give you some food for thought and help you on the road to living that life that is uniquely right and fulfilling for you. Remember that some of your values will probably change with time. You may find that what was important to you at one season of your life has changed and is less significant now: that's OK. But be prepared to make adjustments in your life to allow for these changes.*

## Personal Core Values Checklist

Remember no list can ever be complete. There may be additional personal values that are unique to you, so don't be limited by the list. Add anything else that just feels right.

Acceptance	Fast pace action	Power
Achievement	Financial rewards	Privacy
Adventure	Focus	Productivity
Altruism	Freedom	Promotion prospects
Ambition	Friendship	Reaching potential
Appreciation	Fun	Recognition
Authenticity	Happiness	Respect
Authority	Harmony	Responsibility
Autonomy	Health	Results
Balance	Helping others	Risk taking
Beauty	Honesty	Romance
Belonging	Humor	Routine
Challenge	Imagination	Security
Choice	Independence	Self expression
Collaboration	Influence	Service
Commitment	Intellect	Sharing
Community	Intuition	Solitude
Compassion	Justice	Spirituality
Competition	Kindness	Status
Connection	Leadership	Success
Contribution	Learning	Teaching
Creativity	Love	Team work
Equality	Loyalty	Tolerance
Excellence	Making a difference	Tradition
Excitement	Nature	Travel
Expertise	Nurturing	Trust
Fairness	Order	Variety
Faith	Passion	Winning
Fame	Peace	Wisdom
Family	Personal growth	Zest for life



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## Try this Core Values Exercise Using Your Imagination

### The Rocking Chair Exercise

Imagine you are very old (you decide your age) and you are sitting relaxing in your rocking chair at home. You are reflecting on your life and thinking about how you have achieved or experienced what is most important to you in your life.

- What would you like to be looking back on?
- What are the highlights that you enjoy reliving?
- Whose lives have you touched?
- What difference have you made?
- What are you proud of?
- What makes your heart open?
- What was soul satisfying?
- How did you fulfill your life purpose?
- How did you use your unique gifts (e.g. humor, kindness, organization)?
- What will your legacy be?

Thinking about these questions can help you tune into what really matters to you. Consider what the main themes are that emerge for you. What does this mean about your core values?

These core values exercises are perhaps the most important self-awareness exercises for you to do. They really tap into what you could call your underlying life purpose. Do you want to get to the end of your life and regret what you might have done that did not reflect your values or utilize your unique gifts?