

# Core values workbook

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**NAME**

**DURATION**

30-60 minutes

You might be wondering- why core values are so important?

Values are the most significant part of us. They represent our unique, individual essence and act as the primary driving force behind our actions and behaviours. They also play an important role in our mental well-being. When we abide by our values, we feel authentic and principled. But when we don't recognize and prioritize them, we become numb with guilt and shame. We feel devoured by a meaningless sense of life- lost, disorganized and ungrounded.

Having a firm understanding of your core values, therefore, helps you love, connect, grow, appreciate and protect your self. You become more valuable to yourself first and then consequently to others!

Simply put, core values serve us in, as effective decision-making guidelines that help us to remain congruent, consistent and balanced in our own eyes and in the eyes of other people. No one trusts anyone who presents themselves as being inconsistent with their pledged values.

To avoid this, we must make a real effort to identify what our values actually are. This workbook will help you identify them clearly.

## Step 1:

Can you reflect back on moments in your life, where you felt happy, fulfilled and proud of yourself? Take some time to describe these moments in detail. Identify what elements of this situation, in particular, led to these feelings of happiness and pride.

1) What were you doing?

2) Were you with some people, and if who?



3) What other factors contributed to your happiness?

## Step 2:

Sometimes in life, we also feel incredibly sad, lost, and empty. Can you reflect back on such moments in your life? Take some time to describe these moments in detail.

1) What were you doing?

2) Were you with some people, and if who?



3) What factors led to those feelings of sadness and regret? Be as specific as you can.

### Step 3:

We also feel unfulfilled and frustrated when we don't live by our values. This could be caused by our own reasoning, external situations or other people.

Can you reflect back on such moments in your life? Take some time to describe these moments in detail.

1) What were you doing?

2) Were you with some people, and if who?

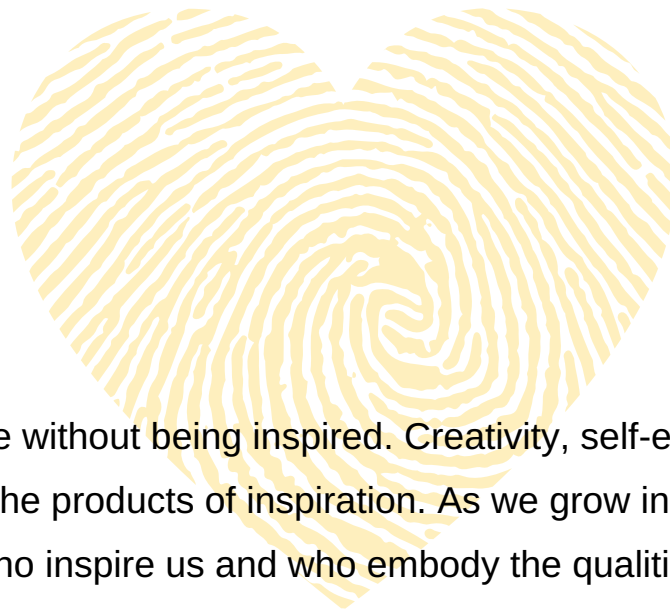


3) What factors led to those feelings of uneasiness and frustration ? Be as specific as you can.

#### **Step 4:**

There are some activities in life that we love to be a part of. Things that make us so naturally involved that even when there are challenges we love getting on with them. They are the most rewarding and make us truly happy!

Make a list of such activities where you lose track of time. What is it specifically about these activities that you enjoy so much?



#### **Step 5:**

We cannot grow in life without being inspired. Creativity, self-esteem, competence and optimism are all the products of inspiration. As we grow in age, we come across many people in life who inspire us and who embody the qualities that we aspire to have.

Who are your role models and what qualities about these individuals do you admire?

## Step 6:

Everyone has something to offer to this world. Take the time to reflect on what makes you of value? What can you give to the world? When do people reach out to you? What qualities and gifts do you identify in yourself that you believe others may find of value?



**Step 7:** Determine your most important values, based on the experiences that truly defined you. Consider why these experiences are so valuable and memorable?

Use this list of common core values that to help you get started.

***Integrity***

Accountability  
Candor  
Commitment  
Dependability  
Dignity  
Honesty  
Honor  
Responsibility  
Sincerity  
Transparency  
Trust  
Trustworthy  
Truth

***Creativity***

Creation  
Curiosity  
Discovery  
Exploration  
Expressive  
Imagination  
Innovation  
Inquisitive  
Intuitive  
Openness  
Originality  
Uniqueness  
Wonder

***Achievement***

Accomplishment  
Capable  
Challenge  
Challenge  
Competence  
Credibility  
Determination  
Development  
Drive  
Effectiveness  
Empower  
Endurance  
Excellence  
Famous  
Greatness  
Growth  
Hard work  
Improvement  
Influence  
Intensity  
Leadership  
Mastery  
Motivation  
Performance  
Persistence  
Potential  
Power  
Productivity  
Professionalism  
Prosperity  
Recognition  
Results-oriented

***Achievement***

Significance  
Skill  
Skillfulness  
Status  
Success  
Talent  
Victory  
Wealth  
Winning  
Risk

***Intelligence***

Brilliance  
Clever  
Common sense  
Decisiveness  
Foresight  
Genius  
Insightful  
Knowledge  
Learning  
Logic  
Openness  
Realistic  
Reason  
Reflective  
Smart  
Thoughtful  
Understanding  
Vision  
Wisdom





**Feelings**

Acceptance  
Comfort  
Compassion  
Contentment  
Empathy  
Grace  
Gratitude  
Happiness  
Hope  
Inspiring  
Irreverent  
Joy  
Kindness  
Love  
Optimism  
Passion  
Peace  
Poise  
Respect  
Reverence  
Satisfaction  
Serenity  
Thankful  
Tranquility  
Welcoming

**Courage**

Bravery  
Conviction  
Fearless  
Valor

**Spirituality**

Adaptability  
Altruism  
Balance  
Charity  
Communication  
Community  
Connection  
Consciousness  
Contribution  
Cooperation  
Courtesy  
Devotion  
Equality  
Ethical  
Fairness  
Family  
Fidelity  
Friendship  
Generosity  
Giving  
Goodness  
Harmony  
Humility  
Loyalty  
Maturity  
Meaning  
Selfless  
Sensitivity  
Service  
Sharing  
Spirit  
Stewardship

**Spirituality**

Sustainability  
Teamwork  
Tolerance  
Unity  
Support

**Order**

Accuracy  
Careful  
Certainty  
Cleanliness  
Consistency  
Control  
Decisive  
Economy  
Justice  
Lawful  
Moderation  
Organization  
Security  
Stability  
Structure  
Thorough  
Timeliness

**Freedom**

Independence  
Individuality  
Liberty



***Enjoyment***

Amusement  
Enthusiasm  
Experience  
Fun  
Playfulness  
Recreation  
Spontaneous  
Surprise

***Health***

Energy  
Vitality

***Strength***

Ambition  
Assertiveness  
Boldness  
Confidence  
Dedication  
Discipline  
Ferocious  
Fortitude  
Persistence  
Power  
Restraint  
Rigor  
Self-reliance  
Temperance  
Toughness  
Vigor  
Will

***Presence***

Alertness  
Attentive  
Awareness  
Beauty  
Calm  
Clear  
Concentration  
Focus  
Silence  
Simplicity  
Solitude



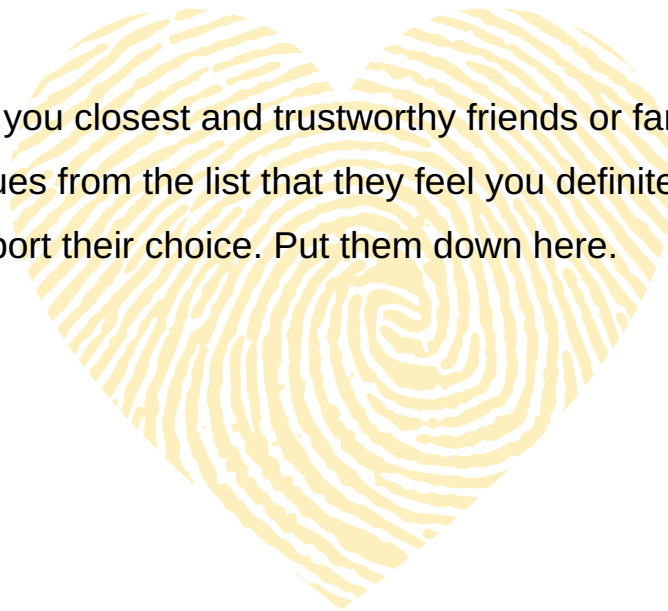
The list of core values is taken from  
<https://scottjeffrey.com/core-values-list/>

### **Step 8:**

Note down on this page all the values that define you based on the experiences you wrote in the first few steps. Aim for approximately 10 top values. Some values can be grouped together under one category.

### **Step 9:**

Get in touch with 2 of you closest and trustworthy friends or family members. Request them to choose 5 values from the list that they feel you definitely hold and the experiences that support their choice. Put them down here.



### **Step 10:**

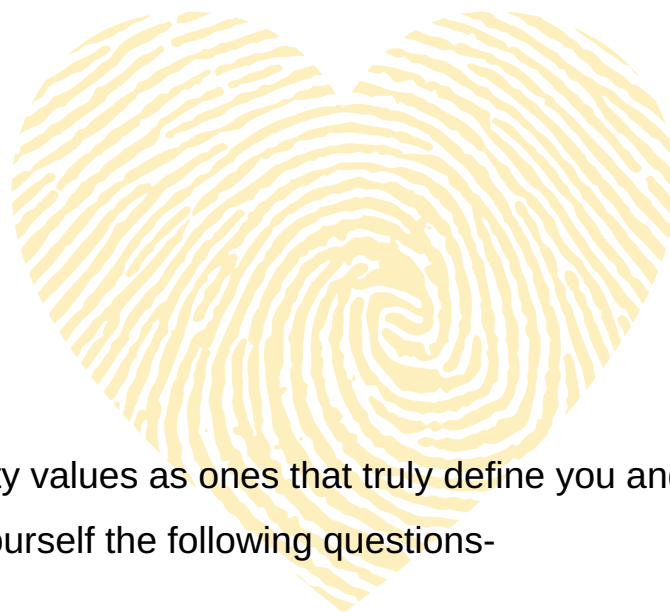
Reflect on what values should come in the top 10 list. Note down the final list here.

## Step 11:

Now take the time to prioritize your core values. This is the most challenging yet the most crucial step as you'll have to look deep within yourself.

One way of doing this is that you first look at the top 2 values and ask yourself "if I could only choose one of these as my most important value, which one would it be?"

Work your way down the list, comparing each value with each of the other values until you've got your list in correct order. Note them down below.



## Step 12:

Check your top-priority values as ones that truly define you and your vision for yourself, by asking yourself the following questions-

1. Do these values make you feel good about yourself?
2. Are you proud of your top 3 values?
3. Would you be comfortable telling people that you respect your values?
4. Do these values represent things you would support, even if your choice weren't popular and put you in a minority?

Your core values are a crucial part of your life and who you want to be. When life offers you with a lot of alternatives and every option seems reasonable, your core values help you make the best decision from a place of integrity and inner peace.

Hope you make the best of these values!

