

## CORE VALUES EXERCISE

**Core Values are the fundamental beliefs and principles of a person, family, or organization.**

These principles are the foundation of what we do and how we are seen in the world.

Identifying your core values is critical to positive personal or professional growth.

---

*"Values are like lighthouses; they are signals giving us direction, meaning, and purpose" - Recruiter Journal*

---

I've created a simple yet powerful exercise that will uncover your **CORE VALUES**.

Use these principles as a compass you can use to align yourself with your **TRUE NORTH**.

On the next page you will find a list of values, some words on the list will pop out and others you won't even notice.

1. Scan through and put a checkmark (✓) besides all the words that resonate with you.
2. Review all the words that have a (✓) and **CIRCLE** the ones that stand out more than the others. Don't over think this, you can always redo this exercise as many times as you like.
3. Group common themed words together.
4. Finally, pick out the **top 5 words** that you identify the most with.

*Congratulations, you now have identified your CORE VALUES!*

---

1.

---

2.

---

3.

---

4.

---

5.

---

Step 1 - Put a checkmark beside every word that resonates with you

Step 2 - Review every word with a check, Circle the ten words that you connect with the most

Step 3 - Group together similar themed words

Step 4 - Narrow down to your top 5 Core Values

Ability	Conviction	Finesse	Joy	Precision	Sophistication
Abundance	Courageous	Firm	Judicious	Preparedness	Solidarity
Acceptance	Courtesy	Fitness	Justice	Presence	Speed
Achievement	Creativity	Flexibility	Kind	Privacy	Spirituality
Acknowledgement	Credibility	Focus	Knowledgeable	Proactive	Spontaneity
Active	Curiosity	Freedom	Lavish	Proficiency	Stability
Adaptable	Daring	Friendly	Leadership	Professional	Stillness
Adventure	Decisiveness	Frugality	Learning	Prosperity	Strength
Affection	Delight	Fun	Liberty	Prudence	Structure
Altruism	Dependability	Generosity	Logical	Punctuality	Success
Ambition	Depth	Genuineness	Longevity	Purity	Sufficiency
Amusement	Determination	Global	Love	Quiet	Support
Appreciation	Devotion	Grace	Loyalty	Quick	Supremacy
Artfulness	Devoutness	Grateful	Mastery	Realism	Sympathy
Assertive	Dignity	Growth	Maturity	Reason	Synergy
Attentive	Diligence	Happiness	Meticulous	Recognition	Teamwork
Autonomy	Diplomacy	Harmony	Mindful	Recreation	Temperance
Awareness	Directness	Health	Moderation	Refinement	Tender
Balance	Discretion	Heart	Modesty	Reflection	Thankful
Beauty	Discipline	Helpful	Money	Relationships	Thorough
Belonging	Discovery	Heroism	Motivation	Relaxation	Thoughtful
Blissful	Diversity	Holiness	Neat	Reliability	Thrift
Bold	Dreaming	Honesty	Nurturing	Remarkable	Tidiness
Bravery	Drive	Honor	Nonconformist	Resilience	Timely
Brilliance	Duty	Hopeful	Obedience	Resolution	Traditional
Calm	Eagerness	Hospitality	Open-Minded	Resolve	Tranquility
Camaraderie	Education	Humility	Optimism	Resourceful	Transformation
Capability	Effective	Humor	Order	Respect	Transparent
Care	Efficiency	Imagination	Organization	Responsible	Trust
Careful	Elegance	Impact	Originality	Restraint	Understanding
Certainty	Empathy	Impartiality	Outrageous	Rigor	Unique
Challenge	Encouragement	Impeccability	Partnership	Sacred	Useful
Charity	Endurance	Inclusion	Passion	Sacrifice	Utility
Charm	Energy	Independence	Peaceful	Saintly	Valor
Cheerfulness	Engagement	Industry	Perceptive	Satisfaction	Variety
Clarity	Enjoyment	Indomitable	Perfection	Scarcity	Virtue
Classy	Enlightenment	Ingenuity	Perseverance	Security	Vision
Cleanliness	Enthusiasm	Innovation	Persistence	Self-Control	Vitality
Cleverness	Exactness	Inquisitiveness	Persuasive	Selflessness	Volunteering
Comfort	Excellence	Insightfulness	Philanthropy	Self-Reliance	Warmth
Commitment	Excitement	Inspiration	Piety	Sensitivity	Wealth
Community	Exhilaration	Instinctive	Playful	Serenity	Willful
Compassion	Experience	Integrity	Pleasant	Service	Winning
Competence	Extravagance	Intelligence	Pleasure	Sharing	Wisdom
Composure	Evolution	Intensity	Plentiful	Shrewdness	Wittiness
Concentration	Fairness	Intimacy	Poise	Significance	Wonder
Confidence	Faith	Intrepidity	Popularity	Silliness	Worth
Connection	Fame	Intuitive	Potency	Simplicity	Youthful
Contribution	Family	Inventive	Practicality	Sincerity	Zeal
Control	Fearless	Invictus	Pragmatic	Skillfulness	Zest