

## CORE VALUES

1. What core values are most important to you? Please choose 10-12 values that resonate with you from the list below. Don't overthink it, let your gut lead the way. If there are any that you cannot find in the list, but are important to you, then feel free to add them.

- |                   |                          |                              |
|-------------------|--------------------------|------------------------------|
| 1. Achievement    | 33. Fun                  | 65. Presence                 |
| 2. Action         | 34. Helpfulness          | 66. Precision                |
| 3. Adventure      | 35. Generosity           | 67. Professional development |
| 4. Arts           | 36. Gratitude            | 68. Productivity             |
| 5. Attention      | 37. Happiness            | 69. Quality                  |
| 6. Authenticity   | 38. Harmony              | 70. Recognition              |
| 7. Beauty         | 39. Health               | 71. Reputation               |
| 8. Challenge      | 40. Home                 | 72. Resourcefulness          |
| 9. Courage        | 41. Honour               | 73. Respect                  |
| 10. Commitment    | 42. Honesty              | 74. Romance                  |
| 11. Community     | 43. Humour               | 75. Security                 |
| 12. Compassion    | 44. Independence         | 76. Self-confidence          |
| 13. Contribution  | 45. Influence            | 77. Self-esteem              |
| 14. Comfort       | 46. Innovation           | 78. Self-realization         |
| 15. Competition   | 47. Integrity            | 79. Service                  |
| 16. Connections   | 48. Intelligence         | 80. Simplicity               |
| 17. Cooperation   | 49. Joy                  | 81. Sincerity                |
| 18. Creativity    | 50. Justice              | 82. Solidarity               |
| 19. Curiosity     | 51. Leadership           | 83. Solitude                 |
| 20. Determination | 52. Learning             | 84. Spirituality             |
| 21. Discipline    | 53. Loyalty              | 85. Spontaneity              |
| 22. Discovery     | 54. Love                 | 86. Stability                |
| 23. Diversity     | 55. Money                | 87. Sustainability           |
| 24. Ease          | 56. Open-mindedness      | 88. Team-work                |
| 25. Environment   | 57. Optimism             | 89. Time for yourself        |
| 26. Equality      | 58. Participation        | 90. Tolerance                |
| 27. Excellence    | 59. Passion              | 91. Tradition                |
| 28. Family        | 60. Patience             | 92. Trust                    |
| 29. Flexibility   | 61. Peace                | 93. Understanding            |
| 30. Focus         | 62. Perfection           | 94. Wisdom                   |
| 31. Freedom       | 63. Personal development | 95. Work environment         |
| 32. Friendship    | 64. Power                | 96. _____                    |
|                   |                          | 97. _____                    |

2. Once you've chosen the 10-12 values, arrange them in an order of importance. Which 3 or 4 are at the top of your list, and are non-negotiable?
3. Write down about each, what that value means to you. For example, what does **family, freedom or challenge** mean to you, if you've chosen those? It's important for you to know what is the exact meaning of each value to you in your life?

"Your values form the foundation of your life. They dictate the choices you make and determine the direction that your life takes. Your values will influence your decisions related to your relationships, career, and other activities you engage in." (Jim Taylor PH.D. -

<https://www.psychologytoday.com/us/blog/the-power-prime/201205/personal-growth-your-values-your-life>)

For example, if one of your core values is **ADVENTURE**, but at the same time you also chose **SECURITY**, then you should know, what security means to you in an adventure. There could or could not be some contradiction in the two.

4. The next thing for you to consider, is how the values that are important to you align with your present work, business, or life?

For example, if you chose **FAMILY**, and the meaning you associated with this value is that you can spend quality time with them on a daily basis, then how is that true for your current work, job, business?

Or if you picked **PRECISION**, and you are precise and accurate every time, but for instance receive your salary late every month, then sooner or later you will be tired, moody and demotivated, because that constant delay works against your values.

5. Have a think about what you could do to start experiencing all that's important to you? What needs to change? Perhaps, you need to learn to delegate, or say no to a couple of things, or take on certain conflicts. You might even consider changing your job.
6. However, since the goal is not for you to jump into a huge change without a safety-net, the real question is, how to come up with a good plan to change the way you work, so that it would align with your core values?

That's why I'm here. I can help. 😊