Identifying Your Core Values

Your core values make you who you are, and when you’re aligned with them, you feel most yourself. For this reason, your core values serve as the key ingredients to a successful and happy career. In the context of your career, your core values don’t take on a common social meaning (morality, religion, etc.), but rather a focus on who you are and what you’re drawn to in the world.

**Step 1:** Read the list below and highlight the 10 values that resonate.

- Abundance
- Autonomy
- Achievement
- Adventure
- Attractiveness
- Assist
- Authenticity
- Balance
- Beauty
- Building
- Presence
- Service
- Caring
- Catalyze
- Commitment
- Compassion
- Connection
- Community
- Concern for others
- Courage
- Creativity
- Creation
- Danger
- Daring
- Discovering
- Devotion
- Doing your best
- Excellence
- Empathy
- Elegance
- Experimentation
- Experiences
- Encouraging
- Exhilaration
- Discipline
- Faith
- Freedom
- Family
- Facilitate
- Foster
- Friendship
- Fun
- Financial Security
- Genuineness
- Giving
- Grace
- Gratitude
- Generosity
- Happiness
- Harmony
- Helping
- Honesty
- Honoring myself
- Impact
- Growth
- Health
- Humor
- Willingness
- Trust
- Integrity
- Inspiration
- Intimacy
- Imagination
- Innovation
- Joy
- Kindness
- Promises
- Loving
- Learning
- Leadership
- Magnificence
- Mastery
- Mentoring
- Family loving
- Loyalty
- Openness
- Peace
- Perseverance
- Practicality
- Prosperity
- Partnership
- Radiance
- Respect
- Responsibility
- Refinement
- Risk
- Self-actualization
- Self-expression
- Sense
- Sensuality
- Spirituality
- Sensitivity
- Accomplishment
- Serenity
- Sharing
- Sharing my gifts
- Teaching

**Step 2:** Rank the top ten values in the order that they apply to you.

**Step 3:** Look at your list, and remove the values that you WANT to have, but simply don’t come easily. These are inspiration for what you want more of in your life, but they’re not markers for who you are.

**Step 4:** Look at your list. Are you living any of these words in order to get something else? If so, it’s not a value.

**Step 5:** Look at your list. Which values showed up when you were a kid? Keep those on your list.

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