

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

**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.