

What are my Values?

*adapted from work of Dr. Beverly Chiodo

1. Determine Your Core Values

From the list below, choose and write down every core value that resonates with you. These are values that you would want to orient your life around. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

Abundance	Dedication	Kindness	Resourcefulness
Acceptance	Dependability	Knowledge	Responsibility
Accountability	Diversity	Leadership	Responsiveness
Achievement	Empathy	Learning	Risk Taking
Adventure	Encouragement	Love	Safety
Advocacy	Enthusiasm	Loyalty	Security
Ambition	Ethics	Making a	Self-Control
Appreciation	Excellence	Difference	Selflessness
Attractive-	Expressiveness	Mindfulness	Service
ness	Fairness	Motivation	Simplicity
Autonomy	Family	Optimism	Spirituality
Balance	Flexibility	Open-	Stability
Being the	Friendships	Mindedness	Success Team-
Best	Freedom	Originality	work
Benevolence	Fun	Passion	Thankfulness
Boldness	Generosity	Performance	Thoughtfulness
Brilliance	Grace	Personal	Traditionalism
Calmness	Growth	Development	Trustworthiness
Caring	Happiness	Peace	Understanding
Challenge	Health	Perfection	Uniqueness
Charity	Honesty	Playfulness	Usefulness
Cheerfulness	Humility	Popularity	Versatility
Cleverness	Humor	Power	Vision
Collaboration	Inclusiveness	Preparedness	Warmth
Community	Independence	Proactivity	Wealth
Commitment	Individuality	Proactive	Well-Being
Compassion	Innovation	Professionalis	Wisdom
Consistency	Inspiration	m	Zeal
Contribution	Intelligence	Punctuality	
Cooperation	Intuition	Quality	
Creativity	Joy	Recognition	
Credibility		Relationships	
Curiosity		Reliability	
Daring		Resilience	

2. Group All Similar Values Together from the List of Values You Just Created

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Joy	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Relationship			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			

3. Choose One Word Within Each Group that Represents the Label for the Entire Group

Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Relationship			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			

4. Add a Verb to Each Value Label

Add a verb to each value so you can see what it looks like as an actionable core value. For example:

Live in freedom.

Seek opportunities to show love.

Act with mindfulness.

Promote well-being.

Multiply happiness in my day-to-day interactions.

5. “Rays of Sunshine”

On a separate piece of paper, list one of your values and circle it, like the center of a sun. Then draw several lines coming off of it, like rays of a sunshine... and have those rays represent the behavioral aspects of your life that support that value. Example: if my core value was “health,” some of my rays might include exercise, sleep hygiene, nutrition, meditation, etc.

This will guide you in the actions you need to take to feel like you are prioritizing your values.

6. Finally, Post Your Values Where You See Them on a Regular Basis

Where should you post them? Write your core values in order of priority in your planner, so they are available as an easy reference when you are faced with decisions. Put them on a sticky on the edge of your computer screen. Or make a background with them on it for your cell phone.

Live Your Core Values!

“If we can get to the place where we show up as our genuine selves,
and let each other see who we really are,
the awe-inspiring ripple effect
will change the world.”

Terrie M. Williams