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FINDING YOUR CORE VALUES

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Understanding Values

Understanding your values is a powerful step toward living a life aligned with what truly matters to you. This worksheet is designed to help you discover the core values that guide your actions, decisions, and aspirations.

Through reflection on your values, you'll gain a clearer sense of purpose, develop meaningful goals, and create a life that feels authentic and fulfilling.

What Are Values?

Values are the foundational beliefs and principles that shape how we approach life, make choices, and interact with others. They're what help us decide what's important and worth spending our time and energy on.

You can think of values as directions—things that point you toward the kind of life you want to live. They can come from many places, like family, culture, or personal experiences. And while people might use different words to describe them, some values are common to us all, like honesty, compassion, or creativity.

When you know what your values are, it becomes easier to make decisions that feel right and satisfying.

The Importance of Values

Values are essential because they help us figure out what we care about most and guide us toward a meaningful life. They act like a personal compass that keeps us focused on what we genuinely want, even when life is challenging.

Having a clear understanding of your values can make it easier to make big decisions or know where to spend your time. Studies have shown that when people live in line with their values, they tend to feel more fulfilled and experience a stronger sense of well-being.

So, values aren't just abstract ideas—they actually help us live a happier, more authentic life.

Values, Meaning, and Goals in Life

Values, meaning, and goals all work together to create a sense of purpose. While goals are specific things you want to accomplish (like learning a new skill or completing a project), values are more about the ongoing principles you want to embody, like being creative or helping others.

Living according to your values adds meaning to your life because it helps you feel connected to what truly matters. For example, if creativity is one of your values, it's not just about finishing a specific project; it's about keeping that creative energy alive in whatever you do. By setting goals that align with your values, you're not only achieving things but also building a life that reflects who you are at your core.

Barriers to Value Expression

Living in alignment with one's values is key to finding a meaningful and fulfilling life, yet certain barriers can prevent people from expressing and acting on their values.

Let's look at three common obstacles that can get in the way.

Lack of Self-Reflection

Understanding personal values hinges on self-reflection.

This involves observing oneself during meaningful activities (like painting for someone who values creativity), noticing the feelings that arise (such as joy or satisfaction), and connecting these actions to what one values.

To recognise what truly matters, it's essential to pay attention to these experiences and assess how much they contribute to a sense of fulfilment.

In essence, identifying values is about discernment—deciding if certain activities or experiences add depth or significance to one's life or not.

Without this kind of self-awareness, people may find it challenging to make choices that align with their core values.

Fear of the Unknown

Fear often stops people from acting on their values. When pursuing values means stepping out of one's comfort zone, uncertainty can trigger anxiety or fear.

For instance, someone who values autonomy might dream of starting their own business but feel held back by financial insecurity or doubts about their skills.

Recognising these fears while choosing to move forward anyway can help reduce the grip that fear has on values-aligned actions.

The goal isn't to eliminate fear but to learn to act in spite of it. Adopting a mindset of "I value autonomy, and I feel nervous about this new step" can help one pursue valued actions without letting fear dictate decisions.

Conflicting Values

At times, expressing one value may contradict another. Imagine someone who values both financial independence and honesty. Their job provides financial stability, but it may also require actions that conflict with their sense of honesty, such as withholding information from clients.

Balancing these competing values can be difficult, leading to inner conflict, guilt, or frustration. Recognising these conflicts can help in making thoughtful decisions that honour both values to the extent possible.

Core Values Worksheet

The purpose of this exercise is to help you gain clarity on what truly matters to you by identifying your five most important life values.

These values provide insight into key questions such as: What holds significance in your life? What is your life's purpose? What activities bring you joy? When do you feel most fulfilled?

By reflecting on these questions, you can become more aware of your values, which will empower you to steer your life in the direction you desire.

Please follow the five steps outlined below.

Step 1. Take 10 minutes to brainstorm your own values

My values

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Step 2. Review the values list on the pages below and check those values that resonate with you.

You can check as many as you like. We'll narrow them down later on.

Step 3. If you think of any other values not listed, you can write them down here:

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VALUES LIST

- Acceptance
- Achievement
- Advancement & Promotion
- Adventure
- Affection
- Altruism
- Arts
- Awareness
- Beauty
- Challenge
- Change
- Community
- Compassion
- Competence
- Competition
- Completion
- Connectedness
- Cooperation
- Collaboration
- Country
- Creativity
- Decisiveness
- Democracy
- Design
- Discovery
- Diversity
- Environmental Awareness
- Economic Security
- Education
- Effectiveness
- Efficiency
- Elegance
- Entertainment
- Enlightenment
- Equality
- Ethics
- Excellence
- Excitement
- Experiment
- Expertise
- Exhilaration
- Fairness
- Fame
- Family Happiness
- Fast Pace
- Freedom
- Friendship
- Fun
- Grace
- Growth
- Harmony
- Health
- Helping Others
- Helping Society
- Honesty
- Humour
- Imagination
- Improvement
- Independence
- Influencing Others

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VALUES LIST

- Inner Harmony
- Inspiration
- Integrity
- Intellect
- Involvement
- Knowledge
- Leadership
- Learning
- Loyalty
- Magnificence
- Making a Difference
- Mastery
- Meaningful Work
- Ministering
- Money
- Morality
- Mystery
- Nature
- Openness
- Originality
- Order
- Passion
- Peace
- Personal Development
- Personal Expression
- Planning
- Play
- Pleasure
- Power
- Privacy
- Purity
- Quality
- Radiance
- Recognition
- Relationships
- Religion
- Reputation
- Responsibility & Accountability
- Risk
- Safety & Security
- Self-Respect
- Sensibility
- Sensuality
- Serenity
- Service
- Sexuality
- Sophistication
- Spark
- Spirituality
- Stability
- Status
- Success
- Teaching
- Tenderness
- Thrill
- Unity
- Variety
- Wealth
- Wisdom

Step 4. Prioritise your values

Make a selection of five of your most important values. List your top five values below:

- I. _____
- II. _____
- III. _____
- IV. _____
- V. _____

Step 5. Write down a definition for each value

Take about five to ten minutes to think about, or discuss with a friend or your coach, what each of the above values means to you. Then, generate a definition that resonates and makes sense to you.

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MY CORE VALUES

Is important to me because:











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