

getting clear ON YOUR VALUES

Getting clear on your values can take a lot of confusion out of decision making, directions in life, and just what to do. Values are defined as a principle or quality that is important to you, your character, your actions. Core values can be the essential values that guide you.

Because the idea of core values can be a newer concept, let's start with some basics:

WHAT'S IMPORTANT TO YOU?

HOW DO YOU WANT TO FEEL?

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Now that you've got an idea of **what** is important to you, let's see how what you've written translates to your core values.

Circle as many values that stand out to you (at least **twenty**). Some of these words can have a lot of meanings, go with what resonate with you. If there are words you feel called to that aren't on this list, feel free to add them. This list continues onto the next page.

ACCEPTANCE	CLEAR-MINDED	DIGNITY	FAST	HONESTY
ACCESSIBILITY	CLEVER	DILIGENCE	FEARLESS	HONOR
ACCOMPLISHMENT	COLLABORATION	DISCIPLINE	FEELINGS	HOPEFUL
ACCOUNTABILITY	COMFORT	DISCOVERY	FIDELITY	HOSPITALITY
ACCURACY	COMMITMENT	DIVERSITY	FIERCE	HUMBLE
ADVENTUROUS	COMMUNITY	DOWN-TO-EARTH	FITNESS	HUMOR
AFFECTION	COMPASSION	DREAMING	FLAIR	HYGIENE
AGILITY	COMPOSURE	DRIVE	FLEXIBILITY	IMAGINATION
ALTRUISM	CONFIDENCE	DUTY	FLUENCY	IMPACT
AMBITION	CONNECTION	EAGERNESS	FOCUS	INDEPENDENCE
AMUSEMENT	CONSCIOUSNESS	EDUCATION	FORESIGHT	INDIVIDUALITY
APPRECIATION	CONTRIBUTION	EFFICIENCY	FORTITUDE	INNOVATIVE
APPROACHABLE	CONVICTION	ELEGANCE	FREEDOM	INQUISITIVE
ASSERTIVENESS	COOPERATION	EMPATHY	FRIENDSHIP	INSIGHT
ATTENTIVENESS	COURAGE	EMPOWERING	FRUGALITY	INSPIRING
AVAILABLE	CRAFTINESS	ENCOURAGEMENT	FUN	INTEGRITY
AWARENESS	CREATIVITY	ENDURANCE	GENEROSITY	INTELLIGENCE
BALANCE	CREDIBILITY	ENERGY	GENIUS	INTENSITY
BEAUTY	CUNNING	ENJOYMENT	GIVING	INTUITION
BELONGING	CURIOSITY	ENTHUSIASM	GOOD HUMOR	INVENTION
BOLDNESS	DARING	ENTREPRENEURSHIP	GOODNESS	INVITING
BRAVERY	DECISIVE	ENVIRONMENT	GRACE	IRREVERENT
BRILLIANT	DEDICATION	EQUALITY	GRATITUDE	JOY
CALMNESS	DELIGHT	ETHICAL	GROWTH	JUSTICE
CAPABLE	DEMOCRATIC	EXCELLENCE	GUIDANCE	KINDNESS
CAREFULNESS	DEPENDABILITY	EXCITEMENT	HAPPINESS	KNOWLEDGE
CARING	DEPTH	EXPLORATION	HARD WORK	LEADERSHIP
CERTAINTY	DETERMINATION	EXPRESSIVE	HARMONY	LEARNING
CHALLENGE	DEVELOPMENT	FAIRNESS	HEALTH	LIBERTY
CHANGE	DEVOTION	FAITH	HEART	LISTENING
CHEERFUL	DIFFERENT	FAMILY	HELPFUL	LIVELY

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LOGIC	POISE	REFLECTIVE	SIMPLICITY	TRANQUILITY
LONGEVITY	POLISH	RELATIONSHIPS	SINCERITY	TRANSPARENCY
LOVE	POPULARITY	RELAXATION	SKILL	TRUST
LOYALTY	POSITIVE	RELIABILITY	SKILLFULNESS	TRUTH
MASTERY	POSITIVITY	RESILIENCE	SMART	UNDERSTANDING
MEANING	POTENCY	RESOURCEFUL	SOLITUDE	UNIQUE
MINDFUL	POTENTIAL	RESPECT	SPEED	UNITY
MODERATION	POWER	RESPONSIBILITY	SPIRIT	UNIVERSAL
MODESTY	POWERFUL	REST	SPIRITUALITY	USEFUL
MOTIVATION	PRACTICAL	RESTRAINT	SPONTANEOUS	UTILITY
MYSTERY	PRECISE	RESULTS	STABILITY	VALOR
NEATNESS	PREPARED	RIGOR	STEALTH	VALUE
OBEDIENCE	PRESENT	RISK	STEWARDSHIP	VARIETY
OPEN	PRESERVATION	RISK TAKING	STRENGTH	VICTORY
OPTIMISM	PRIDE	RULE OF LAW	STRUCTURE	VIGOR
ORDER	PRIVACY	SAFETY	SUCCESS	VIRTUE
ORGANIZATION	PROACTIVE	SATISFACTION	SUPPORT	VISION
ORIGINALITY	PRODUCTIVITY	SECURITY	SURPRISE	VITALITY
OUTRAGEOUS	PROFESSIONALISM	SELF AWARENESS	SUSTAINABILITY	WARMTH
PARTNERSHIP	PROGRESS	SELF MOTIVATION	SYMPATHY	WATCHFULNESS
PASSION	PROSPERITY	SELF-RELIANCE	SYNERGY	WEALTH
PATIENCE	PRUDENCE	SELFLESS	TALENT	WELCOMING
PEACE	PUNCTUALITY	SENSE OF HUMOR	TEAMWORK	WILLFULNESS
PEOPLE	PURPOSE	SENSITIVITY	TEMPERANCE	WINNING
PERCEPTIVE	PURSUE	SERENITY	THANKFUL	WISDOM
PERFORMANCE	PURSUIT	SERIOUS	THOROUGH	WONDER
PERSEVERANCE	QUALITY	SERVICE	THOUGHTFUL	WORK/LIFE BALANCE
PERSISTENCE	RATIONAL	SHARING	TIMELINESS	
PERSONAL GROWTH	REALISTIC	SHREWD	TIMELY	
PERSUASIVE	REASON	SIGNIFICANCE	TOLERANCE	
PHILANTHROPY	RECOGNITION	SILENCE	TOUGH	
PLAYFULNESS	REFINED	SILLINESS	TRADITIONAL	

After your first pass, look at your circled values and star **ten** that mean the most to you right now, in this season of your life.

Out of those **ten**, can you narrow it down to **five** that fit the most right now?

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WRITE THOSE FIVE VALUES BELOW.

WHAT DO THOSE WORDS MEAN TO YOU?

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If you find yourself at a decision, event, uncertainty, anything where you want to feel confident in your actions, think about these five values.

DOES THE THING YOU WANT CLARITY ON ALIGN WITH ALL OR ANY OF YOUR VALUES?

ARE YOU OKAY WITH DECIDING ON SOMETHING THAT'S NOT ALIGNED WITH YOUR VALUES?

DO YOUR VALUES NEED TO ADJUST?

There are no hard and fast right or wrong answers, just answers that work for you and what's important to you. That could mean saying no to something you would normally say yes to, or giving yourself permission to say yes to something that scares you. That could mean adjusting your values. That could mean doing one of two things out of alignment with your values, and being very clear on why you made that decision.

Whatever you decide, it's all okay.