

CORE VALUES EXERCISE

Created in partnership between Lori Cohen Consulting and Tamisha Williams Consulting (2022)

Overview and Purpose: Everyone has a set of internal guidelines they use, consciously or subconsciously, that guides how they act, the decisions they make, and where they experience the greatest alignment between self and situation. This exercise will help you clarify and articulate those values, making it easier to check in with your circumstances periodically to ensure that you are being true to what you value most. This activity can be used to determine your personal and/or professional core values.

Option 1: Narrow Your Values

Step 1: Review the values listed on the following page. If there's a value you don't see expressed here, go ahead and write it down.

Step 2: Narrow down your list to the 10 core values you consider most important in life and/or in your work and write them below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 3: Narrow down your list to the 3-5 core values you consider most important to you at this point in your life/career:

1. _____
2. _____
3. _____
4. _____
5. _____

Option 2: Assess Values Through Experience

Sometimes we know our values best when they are violated in some way. Think of 2-3 instances that have upset you in some way (made you mad) that violated your values. As you think of these instances, what 3-5 values come to mind? Feel free to use the list of values on the previous page as a reference.

1. _____
2. _____
3. _____
4. _____
5. _____

- ☐ Affirmation
- ☐ Achievement
- ☐ Adventure
- ☐ Appreciation
- ☐ Authenticity
- ☐ Authority
- ☐ Autonomy
- ☐ Balance
- ☐ Beauty
- ☐ Boldness
- ☐ Collaboration
- ☐ Compassion
- ☐ Challenge
- ☐ Citizenship
- ☐ Community
- ☐ Competency
- ☐ Connection
- ☐ Contribution
- ☐ Creativity
- ☐ Curiosity
- ☐ Determination
- ☐ Ease
- ☐ Equity
- ☐ Fairness
- ☐ Faith
- ☐ Fame

- ☐ Freedom
- ☐ Friendships
- ☐ Fun
- ☐ Gratitude
- ☐ Growth
- ☐ Happiness
- ☐ Honesty
- ☐ Humility
- ☐ Humor
- ☐ Influence
- ☐ Inner Harmony
- ☐ Integrity
- ☐ Intentionality
- ☐ Joy
- ☐ Justice
- ☐ Kindness
- ☐ Knowledge
- ☐ Leadership
- ☐ Learning
- ☐ Liberation
- ☐ Love
- ☐ Loyalty
- ☐ Meaningful Work
- ☐ Openness
- ☐ Optimism
- ☐ Peace

- ☐ Pleasure
- ☐ Poise
- ☐ Popularity
- ☐ Recognition
- ☐ Reflection
- ☐ Religion
- ☐ Reputation
- ☐ Respect
- ☐ Responsibility
- ☐ Rest
- ☐ Security
- ☐ Self-Respect
- ☐ Service
- ☐ Spaciousness
- ☐ Spirituality
- ☐ Stability
- ☐ Success
- ☐ Sustainability
- ☐ Status
- ☐ Trustworthiness
- ☐ Wealth
- ☐ Wellness
- ☐ Wisdom