



DEFINING YOUR
core values



Welcome!

When you identify your Core Values, your entire life will shift.

Why? Because your Core Values:

- Allow you to **make informed choices** and **tough decisions faster** and easier
- **Guide the way you want your life to go**; and if something doesn't align it's not for you
- Help you know your "why" in every activity and choice to truly **stand behind your decisions**
- Let you serve better and **make more of an impact** in the lives of people around you

This exercise will take some time and that's ok because your personal Core Values are super important. Find a quiet spot, both physically and mentally to reflect on these questions and jot down your thoughts. You will begin to see a pattern!



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WHO INSPIRES YOU? WHY? WHAT QUALITIES DO/DID THEY HAVE?

WHAT TRAITS DO YOU ADMIRE IN OTHERS?

WHAT MAKES YOU LAUGH?

WHAT PISSES YOU OFF?

HOW DO YOU LIKE TO BE TREATED?



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WHAT MUST OTHER PEOPLE KNOW OR UNDERSTAND ABOUT YOU?

HOW WOULD YOUR FRIENDS DESCRIBE YOU?

WHAT BORES THE CRAP YOU?

WHAT EXCITES YOU?

WHAT MAKES YOU WANT TO JUMP OUT OF BED IN THE MORNING?



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Ok, now that you've had some time to explore it's time to identify YOUR personal Core Values. If you're anything like me you know what the "feeling" is but may have a hard time finding the right word so I've provided a **monster list of value based words** on the last pages of this workbook in case you're struggling to express what you mean.

Don't use this list to just PICK some words, really think about the responses to the original questions you answered AND what each word means to you. **Your Core Values are no one else's so they are need to be exactly right FOR YOU.**

Looking at your answers to the previous questions, what do you notice? Anything stand out immediately? In no particular order, write down your **top 20 Core Values**:

MY TOP 20 CORE VALUES INCLUDE:

Without "giving up" any of the words from the list above, can you group any of them together? You may have found that you have a series of similar values that you can put into a group; for example safety and security and stability may all feel the same, so just find the word that resonates with you and you feel best represents what you value most. Now **reduce your list of 20 to just 10 words that have the DEEPEST meaning to you:**

MY DEEP MEANING LIST:



FROM THIS LIST OF 10, CHOOSE JUST 5 THAT ARE THE SINGLE MOST IMPORTANT TO YOU.

1.

2.

3.

4.

5.

Congratulations, that was hard work!

Values are as unique as your thumb print, but they change over time. For example, I haven't always had the burning desire for personal development that I do now. And it's possible that in the future I may care less about wearing mascara when I leave the house and more about what my kids look like (assuming I ever have my own kids; furry or otherwise!). The point is to find the Core Values that you deeply connect with and make your life easier and more fulfilling.

I'd love to talk about your journey to finding your personal Core Values and how you can implement them in your life. Connect with me at www.ErikaAndersonCoaching.com and schedule a free one-hour introductory coaching session today!

core values list

Below is a list of core values commonly used by leadership institutes and programs. This list is not exhaustive, but it will give you an idea of some common core values, or personal values. Keep this list short because if everything is a core value, then nothing is really a priority.

Authenticity	Justice
Achievement	Kindness
Adventure	Knowledge
Authority	Leadership
Autonomy	Learning
Balance	Love
Beauty	Loyalty
Boldness	Meaningful Work
Compassion	Openness
Challenge	Optimism
Citizenship	Peace
Community	Pleasure
Competency	Popularity
Contribution	Recognition
Creativity	Religion
Curiosity	Reputation
Determination	Respect
Fairness	Responsibility
Faith	Security
Fame	Self-Respect
Friendships	Service
Fun	Spirituality
Growth	Stability
Happiness	Success
Honesty	Status
Humor	Trustworthiness
Influence	Wealth
Inner Harmony	Wisdom



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