

# Discovering Your Core Values

*"It's not hard to make decisions when you know what your values are." – Roy E. Disney*

*Step 1*

Use the list below as a brainstorming tool to help you get clear on your core values. Circle every single word that resonates with you. If a word comes to mind that is not listed, add it in the space provided.

Acceptance	Accomplishment	Accountability	Acknowledgement
Adaptability	Adventure	Advocacy	Altruism
Ambition	Amusement	Appreciation	Approachability
Approval	Authenticity	Authority	Awareness
Balance	Beauty	Being Present	Being Right
Boldness	Calmness	Caring	Challenge
Cleverness	Collaboration	Commitment	Community
Compassion	Connection	Consistency	Contribution
Cooperation	Creativity	Credibility	Curiosity
Decisiveness	Dedication	Dependability	Determination
Diversity	Efficiency	Empathy	Encouragement
Enjoyment	Enthusiasm	Ethics	Excellence
Experience	Expertise	Fairness	Faith
Family	Freedom	Friendship	Fun
Generosity	Grace	Growth	Happiness
Health	Honesty	Hope	Humility
Humor	Impact	Independence	Individuality
Influence	Innovation	Inspiration	Integrity
Intelligence	Joy	Kindness	Knowledge
Leadership	Learning	Love	Loyalty
Meaning	Motivation	Open-Mindedness	Optimism
Passion	Peace	Perfection	Performance
Personal Growth	Play	Pleasure	Poise
Popularity	Power	Preparedness	Prestige
Professionalism	Punctuality	Quality	Recognition
Relationships	Reliability	Religion	Reputation
Resilience	Resourcefulness	Respect	Responsibility
Risk Taking	Safety	Security	Self-Care
Self-Control	Self-Expression	Self-Respect	Selflessness
Service	Simplicity	Spirituality	Stability
Status	Strength	Success	Thankfulness
Thoughtfulness	Traditions	Trustworthiness	Understanding
Usefulness	Versatility	Vision	Wealth

---

---

---

---

---

---

---

---

---

---

---

---

*Step 2.*

Use the space below to group any words with similar meaning together into 3-5 categories.

*Step 3.*

Once all of your words are grouped together choose an umbrella word for each category – one word that represents, or captures the meaning of that category. It can either be a word on the list or something that comes to you once you see these words grouped together.

*Step 4.*

Review and define each one of your umbrella words. Make sure that you are crystal clear on exactly what each word means to you. Know exactly what it looks and feels like when put into practice.

*Step 5.*

List the “umbrella words” in order of importance. These are your 3 -5 Core Values.