

ESTABLISHING CORE VALUES

Circle up to 15 Core Values that are most important to you. Then highlight your top three.

Accountability	Financial stability	Openness	Understanding
Achievement	Forgiveness	Optimism	Uniqueness
Adaptability	Freedom	Order	Usefulness
Adventure	Friendship	Parenting	Vision
Altruism	Fun	Patience	Vulnerability
Ambition	Future generations	Patriotism	Wealth
Authenticity	Generosity	Peace	Well-being
Balance	Giving back	Perseverance	Wholeheartedness
Beauty	Grace	Personal fulfillment	Wisdom
Being the best	Gratitude	Power	Write your own:
Belonging	Growth	Pride	
Career	Harmony	Recognition	
Caring	Health	Reliability	
Collaboration	Home	Resourcefulness	
Commitment	Honesty	Respect	
Community	Hope	Responsibility	
Compassion	Humility	Risk-taking	
Competence	Humor	Safety	
Confidence	Inclusion	Security	
Connection	Independence	Self-discipline	
Contentment	Initiative	Self-expression	
Contribution	Integrity	Self-respect	
Cooperation	Intuition	Serenity	
Courage	Job security	Service	
Creativity	Joy	Simplicity	
Curiosity	Justice	Spirituality	
Dignity	Kindness	Sportsmanship	
Diversity	Knowledge	Stewardship	
Environment	Leadership	Success	
Efficiency	Learning	Teamwork	
Equality	Legacy	Thrift	
Ethics	Leisure	Time	
Excellence	Love	Tradition	
Fairness	Loyalty	Travel	
Faith	Making a difference	Trust	
Family	Nature	Truth	

Establishing Core Values Exercise

Part 1: Establishing Your Values

Write down your top three values.

- 1.
- 2.
- 3.

In a few sentences, describe what makes those three values more important to you than the others that you selected.

Part 2: Set Goals

Select two or three of your values and create a goal that allows you to live that value.

- Values are your internal compass—the direction you want to go
- Goals are something that can be accomplished. You can have multiple goals for each value.

Values	Goals
EX: Friendship	EX: I will join my community's book club to meet people with similar interests

Establishing Core Values Exercise

Part 3: Chart Your Course

Select one of your goals and chart your course.

Set immediate short-term and long-term sub-goals.

Immediate sub-goal (tasks/activities you can accomplish within the next 24 hours)	<i>Ex: Tonight, I will find out when and where the book club meets</i>
Short-Term sub-goal (tasks/activities you can accomplish over the next few days and weeks)	<i>Ex: This weekend I will purchase the book and start reading</i>
Long-Term sub-goal (task/activities you can accomplish over the next month or more)	<i>Ex: I will attempt to be present at all the meetings and participate</i>

Create a plan/strategy to overcome potential obstacles.

- Are there any internal or external obstacles that may interfere with your goals?
- What strategies will you use to overcome them?

Obstacle	Type of Obstacle	Strategy to overcome
<i>Ex: They won't like me</i>	Internal External	<i>Ex: I will adjust my mindset and be present when I attend the meeting.</i>
	Internal External	
	Internal External	