

Core values

Exercise

Core values – What do you stand for

Values are your beliefs.

Core values represent core priorities.



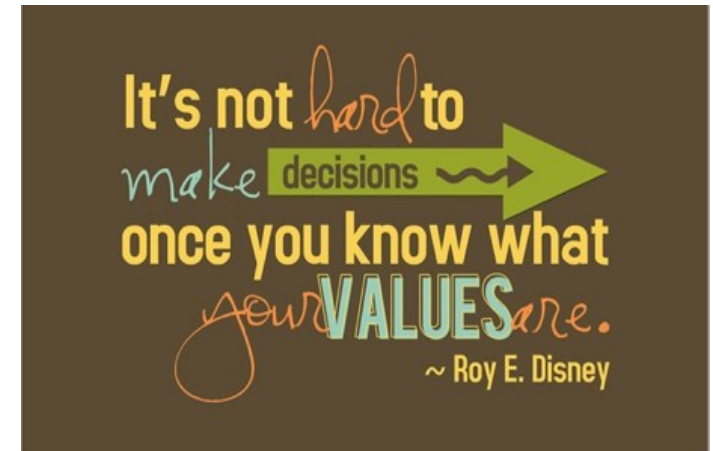
- What are the most important values you would like to pass on to your children?
- What wouldn't you change for all the money in the world?

Values are a key component of strategic planning; they drive the intent and direction of the plan.

The values you choose, and the order of priority you place on your choices determine your approach to your life and work

When you compromise your core values you become at odds with yourself and tend to behave in reactive ways that create stress and distress in your life.

Defining your core values prevents you from making bad choices; it makes life simpler.



Exercise

1. On the following page you have the list which will help you to identify your top 10 core values, things that are MOST important to you.
2. This is a proposed list for a beginning. You are welcome to add other things important to you.
3. Mark with a letter next to each value: V – very important, Q – quite important, and N – not important. Make sure to score at least ten of them as very important.
4. Once you select your top ten values, go through all Vs, and select top six that are most important to you:
 1.
 2.
 3.
 4.
 5.
 6.

The exercise reveals the kind of person you want to be, the way you want to treat others and yourself, and what you want to stand for in life? Having clarified your most cherished values, you can keep them at the forefront of your attention. It will be easier to determine which activities are worthwhile to commit to and be interested in. Knowing your values makes it easier to make decisions as they offer us a direction to travel in.

Your values

Based on:

1. Russ Harris, *The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt*, Penguin Group, 2010. p. 153.
2. Todd B. Kashdan, *Curious?: Discover the Missing Ingredient to a Fulfilling Life*, HarperCollins, 2009, p. 96.

- | | | |
|--|--|---|
| <input type="checkbox"/> Family | <input type="checkbox"/> Friendship | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Collaboration |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Tolerance | <input type="checkbox"/> Resuylt |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Understanding | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Advancement | <input type="checkbox"/> Flexibility | <input type="checkbox"/> Love |
| <input type="checkbox"/> Work | <input type="checkbox"/> Being accountable | <input type="checkbox"/> Making money |
| <input type="checkbox"/> Professionalism | <input type="checkbox"/> Being the best | <input type="checkbox"/> Financial security |
| <input type="checkbox"/> Understanding | <input type="checkbox"/> Constancy | <input type="checkbox"/> Goodness |
| <input type="checkbox"/> Analysis | <input type="checkbox"/> Recognition | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Sharing | <input type="checkbox"/> Faith |
| <input type="checkbox"/> Inclusion | <input type="checkbox"/> Supporting | <input type="checkbox"/> Compassion |
| <input type="checkbox"/> Involvement | <input type="checkbox"/> Helping growth | <input type="checkbox"/> Cheerfulness |
| <input type="checkbox"/> Listening | <input type="checkbox"/> Creativity | <input type="checkbox"/> being at peace |
| <input type="checkbox"/> Innovation | <input type="checkbox"/> Fun | <input type="checkbox"/> Doing |
| <input type="checkbox"/> Education | <input type="checkbox"/> Wisdom | <input type="checkbox"/> Success |
| <input type="checkbox"/> God | <input type="checkbox"/> God | <input type="checkbox"/> Service |
| <input type="checkbox"/> Security | <input type="checkbox"/> Sel-reliance | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Humor | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Adventure | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Reality check - for personal and business use

PREFERRED VALUES

Prioritize your identified values in how you want to live them.

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

ACTUAL VALUES

Now order how you usually live these values from most important to least important.

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

It's not unusual to find you're not living your values in your preferred manner. Sometimes your core values don't even make it to your actual list. When this happens your decisions tend to get made based on circumstances and social pressures and you end up feeling frustrated and bad.

Getting clear on your values reinforces and solidifies how you choose to spend your time...right here, right now. Your time isn't replaceable. There are NO re-do's on yesterday. Work on living your life based on what is most important to you...it eliminates bad decisions and creates an internal knowing that your life is on purpose. What could be better than that?