

Find your Core Values



PEAK EXPERIENCE EXERCISE

Select a peak experience to reflect on, a time when you were happiest or felt fulfilled. This could be a single event or moment, an annual family vacation, a particular place, an achievement. It might even be simply being with someone you love or admire. Take a moment to bring up a happy memory. Don't worry about picking the right one. This will work no matter what you pick as long as it's positive. Do this exercise with a couple of different memories.

Once you have your memory, consider the following questions:

Where are you?

What do you see?

What is happening?

What are you doing?

Who is there with you?

What is it about this moment that makes you feel happy?

Record your thoughts about the **most important aspects** of this memory below:

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SOMEONE YOU ADMIRE EXERCISE

Select a person you admire. This can be someone you know well or perhaps a public figure who has really impressed you. It doesn't have to be the person you admire most. It can be anyone you associate with positive characteristics and behaviours. Take a moment to bring this person to mind. Do this exercise with a couple of different people.

Once you have thought of someone, consider the following questions:

- What are the qualities you see in this person?
- What are the behaviours they exhibit that impress you?
- What about them do you most admire?
- What is the impact they've had on you or others?

Record your thoughts below:

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EXTRACT YOUR VALUES

Next, you're going to take your answers from these reflection exercises and pull out any values that you see. The next page has a list of common values for you to choose from. **Circle all the values you see represented in your reflections.** This is not an exhaustive list and you are welcome to add words that hold meaning for you.

There are no right or wrong answers here. It's all about what the reflections mean to YOU. Someone else could have the same memory and pull a completely different value than you will. So don't worry about getting it "right". Just circle the values that come to mind as you look at what you wrote about your reflections.

For example, if your event memories are both moments when you helped someone who was struggling, you might circle the value of service or kindness or empowerment or altruism. It depends on which of these words has meaning for you.

Once you've selected the values that align with your reflections, you may find that some of the words you've selected are similar. **Start to group those together** and choose one word from the group to represent one of your core values. You ideally want to **pare your big list down to 4 or 5 core values.**

Over the next few days, reflect on the values you've chosen. Try them on the same way you would try on a shirt at a store. Do you feel good wearing that shirt? Would you wear that shirt with pride? Does it reflect who you are as a person? If you find a word doesn't fit, feel free to swap it out for one of the other words in the same grouping and see if that feels better. This is you getting to know yourself a little better. Have fun with it!

Need a little help with this or want to explore more coaching tools? [Book a call with me.](#)

LIST OF COMMON VALUES

Accountability	Devoutness	Humility	Security
Accuracy	Dignity	Independence	Self-actualization
Achievement	Diligence	Ingenuity	Self-control
Adventurousness	Discipline	Inner Harmony	Selflessness
Altruism	Discretion	Inquisitiveness	Self-reliance
Ambition	Diversity	Insightfulness	Sensitivity
Assertiveness	Drive	Intelligence	Serenity
Awareness	Dynamism	Intellectual Status	Service
Balance	Economy	Intuition	Sharing
Beauty	Effectiveness	Joy	Shrewdness
Being the best	Efficiency	Justice	Significance
Belonging	Elegance	Kindness	Simplicity
Boldness	Empathy	Leadership	Solitude
Calmness	Empowerment	Learning	Speed
Capability	Endurance	Legacy	Spirituality
Carefulness	Energy	Logic	Spontaneity
Challenge	Enjoyment	Love	Stability
Cheerfulness	Enthusiasm	Loyalty	Stewardship
Cleanliness	Equality	Making a difference	Strategy
Clear-mindedness	Excellence	Mastery	Strength
Cleverness	Excitement	Merit	Structure
Comfort	Expertise	Moderation	Success
Commitment	Exploration	Obedience	Support
Communication	Expressiveness	Openness	Sustainability
Community	Fairness	Order	Talent
Compassion	Faith	Originality	Teamwork
Competitiveness	Fame	Passion	Temperance
Connection	Family	Patience	Thankfulness
Consciousness	Fidelity	Patriotism	Thoroughness
Consistency	Fitness	Peace	Toughness
Contentment	Fluency	Perfection	Thoughtfulness
Continuous Improvement	Focus	Piety	Timeliness
Contribution	Freedom	Positivity	Tolerance
Control	Friendship	Power	Traditionalism
Cooperation	Fun	Practicality	Trustworthiness
Correctness	Generosity	Preparedness	Truth
Courage	Goodness	Productivity	Understanding
Courtesy	Grace	Professionalism	Uniqueness
Creativity	Growth	Prudence	Unity
Credibility	Happiness	Quality	Usefulness
Curiosity	Hard Work	Reliability	Vision
Decisiveness	Health	Respect	Vitality
Dedication	Helping Society	Resourcefulness	Wealth
Democraticness	Holiness	Restraint	Wisdom
Dependability	Honesty	Results	Winning
Development	Honor	Rigor	
	Humor	Risk	