

Our core values are the true representation of our authentic selves.

Unfortunately, our authenticity is not always what we present to the world. The bright beacon of core values may dim under clouds other people and circumstances cast over them. That is why it is important to know and stand firm on what your core values are. If you put a small value on your core values, I can assure you that the world will not raise your price.

It doesn't take years of soul searching and self-reflection to find your core values. The following exercise can help you start living your best life according to your core values in 30 minutes or less.

Grab a pen and piece of paper and let's go!

1. **Determine your core values.** From the list below, choose and write down every core value that resonates with you. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

Abundance	Dedication	Kindness	Professionalism
Acceptance	Dependability	Knowledge	Punctuality
Accountability	Diversity	Leadership	Relationships
Achievement	Empathy	Learning	Reliability
Adventure	Encouragement	Love	Resilience
Advocacy	Enthusiasm	Loyalty	Resourcefulness
Ambition	Ethics	Making a	Responsibility
Appreciation	Excellence	Difference	Responsiveness

Attractiveness	Expressiveness	Mindfulness	Security
Autonomy	Fairness	Motivation	Self-Control
Balance	Family	Optimism	Selflessness
Being the Best	Friendships	Open-Mindedness	Simplicity
Benevolence	Flexibility	Originality	Stability
Boldness	Freedom	Passion	Success
Brilliance	Fun	Performance	Teamwork
Calmness	Generosity	Personal	Thankfulness
Caring	Grace	Development	Thoughtfulness
Challenge	Growth	Proactive	Traditionalism
Charity	Flexibility	Professionalism	Trustworthiness
Cheerfulness	Happiness	Quality	Understanding
Cleverness	Health	Recognition	Uniqueness
Community	Honesty	Risk Taking	Usefulness
Commitment	Humility	Safety	Versatility
Compassion	Humor	Security	Vision
Cooperation	Inclusiveness	Service	Warmth
Collaboration	Independence	Spirituality	Wealth
Consistency	Individuality	Stability	Well-Being
Contribution	Innovation	Peace	Wisdom
Creativity	Inspiration	Perfection	Zeal
Credibility	Intelligence	Playfulness	
Curiosity	Intuition	Popularity	
Daring	Joy	Power	

Decisiveness		Preparedness	
		Proactivity	

2. **Group all similar values together from the list of values you just created.** Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open- Mindedness			Playfulness
	Trustworthiness			
	Relationships			

3. **Choose one word within each grouping that represents the label for the entire group.** Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example

below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

4. **Add a verb to each value** so you can see what it looks like as a actionable core value, for example:

Live in freedom.

Seek opportunities for making a difference.

Act with mindfulness.

Promote well-being.

Multiply happiness.

This will guide you in the actions you need to take to feel like you are truly living on purpose.

5. **Finally, write your core values in order of priority in your planner**, so they are available as an easy reference when you are faced with decisions. For example:

1. Live in freedom.
2. Act with mindfulness.
3. Promote well-being.
4. Multiply happiness.
5. Seek opportunities for making a difference.

If we can get to the place where we show up as our genuine selves, and let each other see who we really are, the awe-inspiring ripple effect will change the world. ~ Terrie M.

Williams

The most important thing you can do for your personal success today is to know your core values, and use them to guide and lead you. Knowing core values is important because when we need to choose or decide something, we can do so easily by simply determining if the choice lines up with our true values. A life lined-up with personal values is a well-lived, purpose-filled life.