

Finding Your 3 Core Values

This exercise is designed to show you what your true character is made of without your conscious mind sway the answer. When you know the quality of your foundation—what you’re really made of—you can build anything.

DIRECTIONS

Print this worksheet and grab a pen. Close your eyes, take a deep breath. Set a timer for 2 minutes. Go through the list and circle the 10 values that speak to you the most. Remember, you’re not looking for what you *want to be*, but what you *are at your core*. Don’t think too much—it’s not a test. Let words come to you naturally.

When the timer goes off, pencils down! Take a look at the words you’ve circled.

When you’re ready, close your eyes and take another deep breath. Ask to be shown your 3 top values, the ones that accurately represent your true self. Set your timer for 30 seconds—no more! This is about first responses. Go through the list of circled values and allow your spirit to lead. Choose only 3. Highlight them, even if you’re not sure they’re “right.”

When the timer goes off, you’re done! Which values did you end up with?

Take a few minutes to write down your reflection on your final list. Are you surprised by anything that turned up? Disappointed? Confused? Validated? Try holding each word in your mind for a moment and ask where the connection is in your spirit, going back to childhood. Jot down any memories, sensations, and ideas that come up.

Over the next few days, keep your three core values in mind and try to spot them working in your life. Notice when they are present and how that makes you feel deep down; notice where they’re missing and how that makes you feel, too. Meditate on how you can more fully bring those core values into your daily life. How can you change your work, your interactions with others, your hobbies, your way of handling yourself to fully incorporate the things you value most? Let your imagination run wild!

Acceptance	Dignity	Intuitive	Significance
Accomplishment	Discipline	Irreverent	Silence
Accountability	Discovery	Joy	Simplicity
Accuracy	Drive	Justice	Sincerity
Achievement	Effectiveness	Kindness	Skill
Adaptability	Efficiency	Knowledge	Skillfulness
Alertness	Empathy	Lawful	Smart
Altruism	Empower	Leadership	Solitude
Ambition	Endurance	Learning	Spirit
Amusement	Energy	Liberty	Spirituality
Assertiveness	Enjoyment	Logic	Spontaneous
Attentive	Enthusiasm	Love	Stability
Awareness	Equality	Loyalty	Status
Balance	Ethical	Mastery	Stewardship
Beauty	Excellence	Maturity	Strength
Boldness	Experience	Meaning	Structure
Bravery	Exploration	Moderation	Success
Brilliance	Expressive	Motivation	Support
Calm	Fairness	Openness	Surprise
Candor	Family	Optimism	Sustainability
Capable	Famous	Order	Talent
Careful	Fearless	Organization	Teamwork
Certainty	Feelings	Originality	Temperance
Challenge	Ferocious	Passion	Thankful
Charity	Fidelity	Patience	Thorough
Cleanliness	Focus	Peace	Thoughtful
Clear	Foresight	Performance	Timeliness
Clever	Fortitude	Persistence	Tolerance
Comfort	Freedom	Playfulness	Toughness
Commitment	Friendship	Poise	Traditional
Common sense	Fun	Potential	Tranquility
Communication	Generosity	Power	Transparency
Community	Genius	Present	Trust
Compassion	Giving	Productivity	Trustworthy
Competence	Goodness	Professionalism	Truth
Concentration	Grace	Prosperity	Understanding
Confidence	Gratitude	Purpose	Uniqueness
Connection	Greatness	Quality	Unity
Consciousness	Growth	Realistic	Valor
Consistency	Happiness	Reason	Victory
Contentment	Hard work	Recognition	Vigor
Contribution	Harmony	Recreation	Vision
Control	Health	Reflective	Vitality
Conviction	Honesty	Respect	Wealth
Cooperation	Honor	Responsibility	Welcoming
Courage	Hope	Restraint	Winning
Courtesy	Humility	Results-oriented	Wisdom
Creation	Imagination	Reverence	Wonder
Creativity	Improvement	Rigor	
Credibility	Independence	Risk	
Curiosity	Individuality	Satisfaction	
Decisive	Innovation	Security	
Decisiveness	Inquisitive	Self-reliance	
Dedication	Insightful	Selfless	
Dependability	Inspiring	Sensitivity	
Determination	Integrity	Serenity	
Development	Intelligence	Service	
Devotion	Intensity	Sharing	