

# Core Values: Bonus Worksheet 1

## Discovering Core Values

### **A few important words about core values...**

Help in discerning what really matters in your heart and soul:

- You are seeking to discover your personal core values, not those of your family, your partner, your friends, or your colleagues. These are the ideals that live in your soul and form the bedrock of what YOU stand for apart from anyone else.
- Values are nouns. If you are writing a sentence or a phrase with a verb in it, you are probably describing a behavior or an action. For example, *doing good works* is an action statement. Ask yourself, “Why do I do good works?” up to five times to get at the value motivating this action. In this case, you may do good works because *service, compassion, or love* is one of your core values.
- Core values have intrinsic worth. If you write a response such as *honesty*, ask yourself if *honesty* is the value in and of itself or if it is the outcome. Is it the means to an end, or the end itself?
- Core values can be ideals not yet reached. Core values can be ideals that you stand for but have not yet fully lived into. That’s okay. If the value exists in your heart and soul, but you don’t see a lot of evidence that it is being acted on, this simply reveals where your future work will be. You should still list the value.

### **Discovering What Matters Most**

In the space below, list what you think are your five most important core values. In other words, what are the heart and soul of the matter for you? Prompt your thinking with the phrase ‘*When I am at my best as a human being, I care most deeply about...*’ Writing a value below does not imply that the value is being fully lived into, or that you are walking the talk and your life is in alignment. You are simply saying that this is what you care most about.

I believe the five top ideals that define my essence are:

- 1.
- 2.
- 3.
- 4.
- 5.

