

Core Values Exploration and Identification



A highly recommended exercise that can help you answer your questions and amp up qi energy, connection to source, feelings of abundance and self-esteem.
[from Jeannette Maw](#)

Values are principles, standards, or qualities considered worthwhile or desirable. We each have our own unique set of core values that represent what's important to us in life. Values act as our compass to put us back on course every single day so that we're continually moving in the direction that takes us closer to our "best" life – however we each define that.

Knowing your values allows you to make choices in favor of what matters most to you. That might seem like a simple thing, but most of us lead lives which do not naturally grant us the opportunity to fulfill and live out our values. Most of us are easily distracted and can be fairly

inconsistent with how we invest our time and energy. We may be too busy with "responsibilities", unresolved matters, chasing unmet needs, just getting by, etc.

Many of us spend our lives trying (consciously or not) to honor our core values. We find ourselves getting disturbed or frustrated, bored or complacent, wishing and hoping to have a better life – this 'better life' is, among other things, based on your values—for most people 'a better life' is a life that allows you to express yourself authentically.

In order to honor your values, you first need to know what they are then incorporate them. When engaged in one or more of your values, you dwell in the *sweet spot* of life and feel most like yourself: **well, connected, excited, glowing and effortless.** **This is how you know you are on track!**

If you are uncertain what your core values are, enjoy this exploration. It offers the chance to identify and honor your true priorities in life.

STEP 1: Select 10 or so Values

Read the list of values below and see which resonate as a value for you. You are looking for a VALUE, not a want, a should, a fantasy or a wish. **A value is something you must experience in order for you to be yourself.**

Part of this step is to tell the truth about what you actually value or love to do with your time. This may be the first time you have ever admitted this to yourself. Some of these you will know innately. Others require some straight looking. Please be willing to "try on" words you might normally skip over. These may be hidden values; if so, you may have one or more of the following reactions:

- No, no, no; that would be too much fun
- That's a silly value; I should have a better one
- If that were true, I'd have to change my life a lot
- Flush, blush or shake when reading the word

Got the idea? Good. Now underline the values that seem likely candidates. From that list of underlined words, narrow it down and circle the 10 which you believe to be part of your core values. Ask yourself: "If I had this, would I be naturally turned on, without efforting?" (Work yes, struggle no.)

Another way to reveal your core values is to ask yourself what quality, if absent in your life, would mean you wouldn't be you. Or, put another way, what qualities would you not be willing to live without?

Adventure	Risk Dare Experiment	Thrill Gamble Exhilaration	Danger Endeavor Venture	Speculation Quest The Unknown
Beauty	Grace Loveliness Magnificence	Refinement Radiance	Elegance Taste	Attractiveness Gloriousness
To Catalyze	Impact Free others Influence	Touch Coach Stimulate	Move forward Spark Energize	Turn on Encourage Alter
To Contribute	Serve Endow Grant	Improve Strengthen Provide	Augment Facilitate Foster Assist	Assist Minister to
To Create	Design Ingenuity Build	Invent Originality Perfect	Synthesize Conceive Assemble	Imagination Plan Inspire
To Discover	Learn Realize Observe	Detect Perceive Uncover	Locate Discern	Distinguish
To Feel	Emote To feel good	To experience Be with Sensations	Sense Energy flow	To glow In touch with

To Lead	Guide Arouse Rule	Inspire Enlist Persuade	Influence Reign Encourage	Cause Govern Model
Mastery	Expert Superiority Best	Adept Primacy Outdo	Dominate field Pre-eminence Set standards	Greatest Excellence
Pleasure	Have fun Bliss Play games	Be hedonistic Be amused Sports	Sex	Sensual Be entertained
To Relate	Be connected To nurture Be with	Family Be linked	To unite Be bonded	Part of community Be integrated
Be Sensitive	Tenderness Empathize See	Touch Support	Perceive Respond	Be present Show compassion
Be Spiritual	Be aware Devoting Religious	Be accepting Holy	Be awake Honoring	Relate w/Divine Be passionate
To Teach	Educate Prepare Explain	Instruct Edify	Enlighten Prime	Inform Uplift
To Win	Prevail Acquire Attract	Accomplish Win over	Attain Triumph	3Score Predominate

STEP 2: Narrow Your List

We all value a little of everything listed on this page. But from the ten you've circled, now choose the five or six values that matter most. You can begin by asking yourself: Which of these values is truly the most important to me in life? If I could only satisfy one of these values, which one would it be?

You may wish to compare each of your 10 with each other and ask yourself "Now, do I really prefer X or Y? Which ones aren't that intriguing to me anymore? Which ones, when honored, make the other ones not as exciting?"

You can write your narrowed down list of core values here:

STEP 3: Create a Life Which Honors and Expresses Your Values

Congrats on identifying your core values! Now that you have your values identified, the next step is to incorporate them into your upcoming choices. Living your values allows you fulfillment and satisfaction like you might never have experienced ever before! Write them down, stick them where you can read them daily and find ways to do them, honor them, bless them.