

# YOUR CORE VALUES

CLIENTS NAME: \_\_\_\_\_

DATE OF SESSION: \_\_\_\_\_

# YOUR CORE VALUES

**Exercise 1:** Can you reflect back on a moment where you felt happy, fulfilled and proud of yourself? Take some time to describe this moment in detail. Identify what elements of this situation, in particular, led to these feelings of happiness and pride.

1. What were you doing?

2. Were you with other people, and if so who?

3. What other factors contributed to your happiness?



## YOUR CORE VALUES

In the same way that we feel happy and fulfilled when we're living out our values, we can also experience feelings of regret, sadness, and emptiness when we are not living out our values.

**Exercise 2:** Take a few moments to remember a time when you felt incredibly regretful. Describe the details of this situation/memory: what was it specifically that led to these feelings of regret?



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Feeling frustrated or unfulfilled can often be a sign that our values might be being quashed, perhaps by parts of ourselves, by external situations or other people.

**Exercise 3:** Identify a time when you felt frustrated, unfulfilled, empty or annoyed? Make a note of the particular elements of this situation that led to these feelings of frustration, unfulfillment and emptiness.

There are certain activities that we can find ourselves doing that engross us and cause us to get into the flow. These are usually activities that are challenging and rewarding, and when we're doing them we often lose track of time.

**Exercise 4:** Make a list of any activities where you experience this flow? What is it specifically about these activities that you enjoy so much?



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We cannot grow in life without being evoked by inspiration: creativity, self-esteem, perceived competence and optimism are all consequences of inspiration. From a very early age we adopt this idea of wishing to be like someone in order to become someone; whilst in our earliest years our concept of inspiration tended to revolve around what you wanted to be in terms of career, as we get older, we take inspiration from people who we admire the traits of. There are certain people that we come across in life who we find inspiring and embody qualities or live lives that we aspire to.

**Exercise 5:** Who are your role models and what qualities about these individuals do you admire?

**Exercise 6:** Everyone has something to offer to the world. Take the time on this to acknowledge what you have to give to those around you, and what makes you of value. What are my natural gifts and qualities? When do other people usually turn to you for help? What qualities and gifts do you identify in yourself that you believe others may find of value?



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**Exercise 7:** Determine your most important values, based on your experiences of inner peace. Consider why each experience is so memorable and important?

Use the list of common personal values to help you get started – aim for approximately 10 top values. As you work through this exercise, you may find that some of these values combine naturally: for example, if you value generosity, philanthropy, and community, you could say that serving others is one of your top values.

## EXAMPLES OF CORE VALUES

|                  |                    |                |
|------------------|--------------------|----------------|
| Accountability   | Purpose            | Efficiency     |
| Accuracy         | Professionalism    | Empathy        |
| Achievement      | Progress           | Enthusiasm     |
| Adventurousness  | Reliability        | Equality       |
| Authenticity     | Resourcefulness    | Excellence     |
| Ambition         | Restraint          | Excitement     |
| Assertiveness    | Relationships      | Exploration    |
| Balance          | Security           | Expressiveness |
| Belonging        | Self Actualisation | Fairness       |
| Boldness         | Self-control       | Faith          |
| Calmness         | Significance       | Freedom        |
| Carefulness      | Selflessness       | Generosity     |
| Challenge        | Self-Worth         | Goodness       |
| Clear-mindedness | Spontaneity        | Giving         |
| Commitment       | Stability          | Growth         |
| Community        | Sharing            | Hard Work      |
| Compassion       | Teamwork           | Giving         |
| Connection       | Temperance         | Honesty        |
| Consistency      | Truth              | Hope           |
| Contentment      | Thoroughness       | Humility       |
| Self Improvement | Timeliness         | Independence   |
| Contribution     | Tolerance          | Ingenuity      |
| Certainty        | Traditionalism     | Identity       |
| Creativity       | Trustworthiness    | Increase       |
| Decisiveness     | Truth-seeking      | Justice        |
| Dependability    | Understanding      | Leadership     |
| Determination    | Uniqueness         | Legacy         |
| Devoutness       | Unity              | Love           |
| Diligence        | Vision             | Loyalty        |
| Discipline       | Vitality           | Obedience      |
| Discretion       | Authenticity       | Openness       |
| Practicality     | Effectiveness      |                |

**Note:** Although this list of potential values is thorough, it is not necessarily complete. Please feel free to add to the list if required.



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**Exercise 8:** Now take a few moments to prioritise your 'top' values. This step is usually the most challenging as you'll have to look deep within yourself. However, it's also the most important step, because, when you're faced with a decision, you may have to choose between solutions that will satisfy different values.

This is when it's crucial to know which value is more important to you. Without worrying about the order, make a list of your top 10 values. Look at the first two values on the list and ask yourself, 'If I could only satisfy one of these, which one would I choose?'

Work your way through the list, comparing each value with each of the other values until you've got your list in the correct order for you.

**Exercise 9:** Reaffirming your values - Take a few moments to check your top-priority values and make sure they fit with your life and your vision for yourself.

1. Do the values you've chosen make you feel good about yourself

2. Are you proud of your top three values?

3. Would you be comfortable to telling people you respect of your values?

4. Do these values represent things you would support, even if your choice weren't popular and put you in the minority?

