

Exercise: Your Core Values

You want to make sure that you're clear about what truly matters to you. If your dream or desire isn't in line with your deepest values, there's a good chance you might stray off your intended path. Additionally, even if you manage to fulfill your dream, it might not hold up over time if it doesn't resonate with your core values. Your Core Values are the most important beliefs, principles, and ideas that guide your life and decisions. They're like your personal compass, showing you what's truly important to you and helping you stay on track with what makes you happy and fulfilled.

Take some time to explore what five Core Values are at the top of your list. Included are example statements that you can use as a reference for when you are creating your own. As well as a list of common Core Values that you can use as a starting point. This is just a sample list, some that may resonate with you may not be included. There is no right or wrong. Choose ones that resonate with you.

Use the provided sheet to write down your five top core values. Feel free to write more than five if desired.

Examples for you to ponder:

Value: Family - "Family is central to my life, so my dream must help me maintain strong connections with them."

Value: Enjoyment - "Enjoying life is crucial to me, so I always plan for fun in my pursuits."

Value: Honesty – "Honesty is key for me, so my actions and dreams need to reflect truthfulness in every aspect of my life."

Value: Learning and Growth - "Learning and growth are important, so I aim for my desires to include new experiences and knowledge."

Value: Health and Well-Being - "Health and well-being are priorities, so my goals should support a healthy lifestyle and mental peace."

Value: Community Service - "Community service matters to me, so I want my aspirations to contribute positively to the lives of others."

Value: Creativity - "Creativity is vital, so I ensure that my pursuits allow me to express myself and explore my artistic side."

List of some common Core Values: (This is not a complete list, just a list to help you get started in your thinking.)

Integrity: Being honest and having strong moral principles.

Respect: Valuing others and treating them with dignity.

Responsibility: Being accountable for one's actions and commitments.

Kindness: Showing compassion and being helpful towards others.

Perseverance: Continuing to try despite challenges; not giving up easily.

Gratitude: Being thankful for what one has and recognizing the good in life.

Love: Caring deeply for family and friends.

Courage: Facing fears and taking risks when necessary.

Freedom: Valuing independence and the ability to choose one's own path.

Family and Relationships: Prioritizing close bonds with family and friends.

Health and Well-being: Valuing physical and mental health.

Learning and Growth: Seeking personal development and new skills.

Enjoyment and Fun: Making time for leisure and joyful activities.

Creativity and Expression: Valuing artistic and innovative expression.

Contribution and Service: Aiming to make a positive impact on the community and others.

Success and Achievement: Striving for accomplishment in personal and professional areas.

Write down five of your fundamental core values. Remember that you are choosing ones either from this list or any others that resonate with who you are.

My Core Values:

1)

2)

3)

4)

5)