

Core Values

EVERYTHING starts with core values. Constipation. Migraines. Anxiety. Fertility. Why? Because when we live in alignment with them, we can clearly identify what actually fills our cup. When we disregard them, we become inconsistent, unfulfilled, frustrated, or burned out. When we don't know what they are, we live by someone else's values entirely & lose our sense of self. It's tempting to speculate or idealize what we should value, but truly understanding and accepting our values takes dedication. **These are values for your immediate future and where you will put your attention – & where attention goes, energy flows.**

Often, we'd rather not reflect on whether what we're doing, being, thinking, & feeling *actually* aligns with us. Our core values fundamentally guide what we do, our decisions, what we believe in, & what we TOLERATE.

You should only have 2-3 values guiding you in any upcoming period, & I recommend redoing these every season because *things change*. They can take a while to distill - but they leave you with a powerful sense of confidence, clarity, boundaries, & magnetism.

Step 1: Using the list on the next page (or just searching “core values” on the internet), pick 15-20 that stand out to you and sort values into the following categories:

- ALWAYS Valued, aka: your CORE Values
- Often Valued
- Sometimes Valued
- Seldom Valued
- NEVER Valued

Take 30-45 minutes. Go with your gut and your inner voice. What do YOU truly value as opposed to what the narrative says you should? You are not focusing on what you used to value or wish you valued, but what is unapologetically real for you right now.

Step 2: Narrow ALWAYS category down to top 10. Then, chunk or group your ALWAYS valued and OFTEN valued into related themes or groups

For example: Values like "accountability", "responsibility", and "timeliness" are all related. Another example: Values like "learning", "growth", and "development" relate to each other. Group them together. What are the central THEME(S) you notice? Highlight this.

Step 3: Journal a response to the questions below

What values are essential to your life?

Which values did you think are important initially, but may just be a result of conditioning?

What values represent your current way of being?

What values are essential to supporting your inner self?

What values do you want FUTURE you to have?

Step 4: Rank the Values in the order of importance AND THEN PICK 3 AT MAXIMUM as your top priorities for now

Do this step in multiple sittings. After doing one round of ranking, put it aside and sleep on it. Revisit your ranking the next day and see how it sits with you. Then, go through the process again until you feel like these feel RIGHT. These are your core values – for now.

Values

It's helpful to take a look at a list of core values before pinpointing your own. Once you've identified your own values, it's also a good idea to revisit the list to see if there's anything significant you might have overlooked.

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

