



## Passion First

### Take A Stand: Exercise

#### Life Planning Exercise 7 – My Core Values

**Part 1 – Identify Your Core Values** - To live our dreams, we must be at our best and act from a position of commitment and strength. That requires that we understand what we stand for. These are our core values.

Think about the future, and imagine the story of your life. In that story, you will find your core values, the things that make you *you*. Below is a list of values. Identify those that define you, taking note of the most important ones. These core values will create a foundation of strength for your life. Start the process now of understanding and leveraging your core values.

In the following values list, highlight the ones that best describe you. If you have additional values not on the list, add them in the blank boxes.

#### Core Values Inventory

Accomplishment	Customer Satisfaction	Honesty	Perseverance	Simplicity
Accountability	Decisiveness	Honor	Persistence	Skill
Accuracy	Democracy	Humility	Personal Growth	Social Intelligence
Adventure	Discipline	Humor	Perspective	Solving Problems
Appreciation	Discovery	Improvement	Playfulness/Fun	Spirit in Life
Authenticity	Diversity	Independence	Pleasure	Spirituality
Beauty	Ease of Use	Individuality	Power	Stability
Calm/Peaceful	Efficiency	Ingenuity	Practicality	Standardization
Caution	Empathy	Inner Peace	Preservation	Strength
Change	Enthusiasm	Innovation	Privacy	Teamwork
Cleanliness	Equality	Integrity	Progress	Tolerance
Collaboration	Excellence	Intensity	Prosperity/Wealth	Tradition
Commitment	Fairness	Justice	Punctuality	Trust
Communication	Faithfulness	Kindness	Reliability	Unity
Community	Family	Knowledge	Resourcefulness	Variety
Compassion	Forgiveness	Leadership	Respect for Others	Wisdom
Competence	Freedom	Love	Responsiveness	
Competition	Friendship	Loyalty	Safety	
Continuous Improvement	Generosity	Meaning	Satisfying Others	
Cooperation	Global View	Modesty	Security	
Courage	Good Will	Openness	Self-Control	
Creativity	Gratitude	Optimism	Self-Reliance	
Critical Thinking	Hard Work	Patriotism	Self-Thinking	
Curiosity	Harmony	Peace/Non-violence	Service (to others)	

**Part 2 - Your Core Values Statements** – Now that you have a list of values that describe you, narrow the list down to three that are most important. Take time to consider which are the most critical to who you are. Once you have narrowed the list to three, write one or two sentences about why each value is so important to your life and your dreams.

***Example: Empowerment – My life is about helping other people achieve more. By doing this, I believe I can make the world a better place and maximize my impact on the world.***

My Core Value Statement 1

My Core Value Statement 2

My Core Value Statement 3