

Core Values

INSTRUCTIONS:

1. **First, go through the following list quickly and circle those items that "resonate" with you.** The words that feel "right", important, or meaningful. There may be many.
 2. **Next, go back over the list and cross off or eliminate additional items or words that are less important.** This narrowing down can take several attempts as the words seem equally important. This is a great time to take a break and return to the exercise. The goal is to narrow the list to five to ten. Remember, there are no right or wrong answers to core values, only what is true for the person.
 3. **Repeat this again. Go back through the items still circle and cross a few more off according to those that seem of higher importance to you.** (Know that this elimination process can feel challenging.)
- NOTE:** Crossing off or eliminating an item doesn't mean it's unimportant to you. It's just less important than one of the other values.
4. **Remember, your goal is to get your core values down to ten.** (Why 10? Well, more than 10, it's hard to honor or remember them!)
 5. **To help eliminate values,** ask yourself the following helpful question: "Which of these do I seem to want, need or seek out, or spend time doing in my life?" Core values often reflect how we spend our time currently or how we strongly desire to spend our lives.
 6. **You may find that combining terms makes sense for you and helps narrow down the number.** For instance, some people perceive "honesty", "integrity", and "authenticity" as the same and choose to combine and itemize them as one value. In that case, one of their top 10 core values is integrity, which includes honesty and authenticity. Or you may combine two words into one word, such as "honest integrity" making one of your core values "honest integrity". Others may see these as very different and count each as one core value or not at all.
 7. **Do not feel limited by the list of words on these pages. Instead, feel free** to add an item or rename a value, so it fits you better. For instance, if "spirituality" better describes your value than "religion," add that word to your list of values.
 8. **Reducing your values to 10 requires thinking about how you live and spend your time.** For instance, if you think "family" is a higher value for you than work, ask yourself if you let your job interfere with family time or if you consistently take work home. If this is the case, work may be of a higher value to you. There can be no judgment about this. Remember, there are no right or wrong values.
 9. **Continue to eliminate words, terms, or phrases based on what you honestly know about yourself**—their meaningfulness and how you prioritize them in your life. Continue until you have narrowed the list to around five or ten.

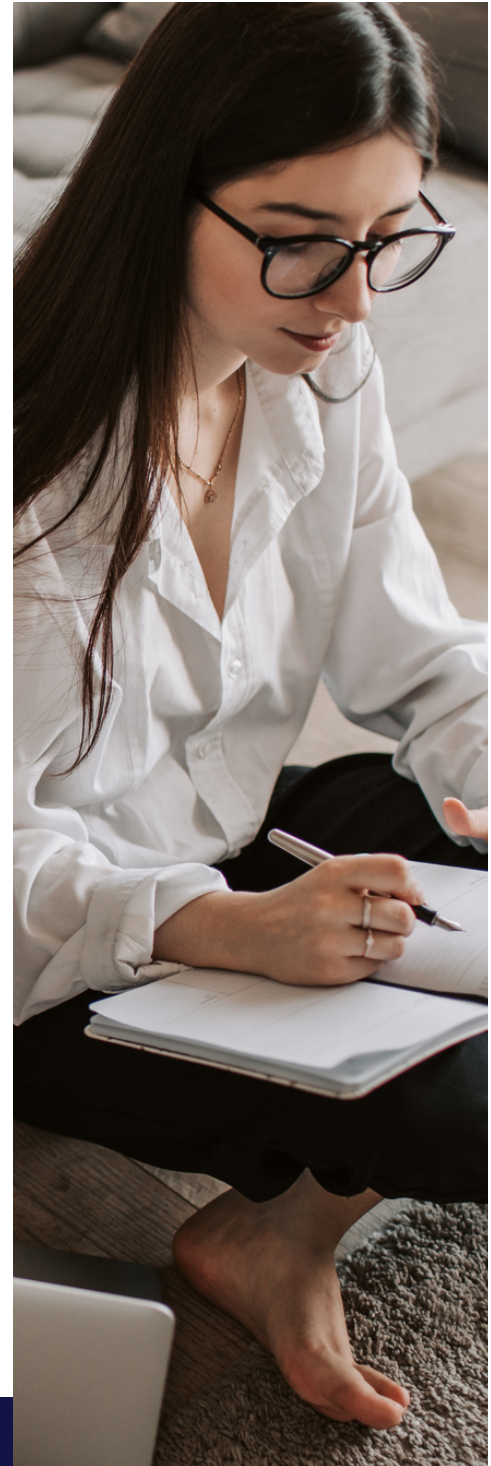
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Core Values

Integrity
Courage
Creativity
Honesty
Genuineness
Authenticity
Accountability
Achievement
Adventure
Altruism
Balance
Beauty
Being the best
Belonging
Character
Strength
Career
Caring
Collaboration
Team-work
Compassion
Competence
Directness
Dignity
Compassion
Community
Confidence
Order

Cooperation
Family
Legacy
Duty
Honour
Peace
Competence
Contribution
Adaptability
Freedom
Exploration
Fun
Passion
Faith
Family
Fairness
Friends
Efficiency
Flexibility
Meaning
Purpose
Progress
Grace
Gratitude
Hope
Tradition
Parenting
Pride

Honesty
Humour
Kindness
Giving back
Health
Fitness
Inclusion
Joy
Happiness
Leadership
Patients
Financial future
Intimacy
Caring
Emotion
Spiritual life
Wisdom
Focus
Mastery
Excellence
Being
Power
Knowledge
Planning
Wholeheartedness
Understanding
Time
Recognition





List your final ten values: The values do not need to be in any order at this stage.

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Finally, and this is VERY IMPORTANT, write YOUR definition of each of your top core values.

NOTE: The definitions of these final values are best described in your own words. This step is essential because it helps you define what that value means to you. A person's life values are not the "text" book Webster's definition. Your definition will be unique to you and it's essential that you have a thorough understanding of it's meaning to you.

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

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Core Values

Values are core beliefs. They are the rationale for our decisions, the passions we live for and the explanation for why we make the choices we do.

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:

Value: _____

My definition of this value is:
