Identifying Core Values

Directions for Activity:

1. Read through the list on the following page and circle ten values which you feel are most important to you.

2. Now, cross off five of those values, leaving you with the five that are most important to you.

3. Now, from your list of five values, cross off two, leaving you with the *three* values that are most important to you. These are most likely your core values.

Reflection Activities:

1. Notice the feelings that come up when you read your short list. How does your energy shift?

2. Consider how the actions you take reflect your core values. Are there values that show up more often in your actions at work? At home? In social circles? With family? Do you ever notice a discrepancy between what you consider to be a "value" and actions that you take?

3. Write your three core values on a piece of paper and post them somewhere prominent. Reflect on them for a week or two. See if they still feel like "core" values.

4. Reflect on them every year. Are they the same? Have they changed? Do you think these would have been your core values 10 years ago?