

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the Best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Excellence
Fairness
Faith
Family
Financial Stability
Forgiveness
Freedom
Friendship
Fun
Future Generations
Generosity
Giving Back
Grace
Gratitude
Growth
Harmony
Health

Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job Security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal Fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk Taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service

Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

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Key Questions to help you uncover your personal core values:

- 1) If you had to explain yourself in 15 words to someone who did not know you, what would you say?
- 2) Identify “peak” moments in your life. These are the pivotal and profound moments.
 - a. During those experiences in your life what was happening to you- what were you feeling?
 - b. What values were you honoring?
- 3) Suppressed Values: Now think of a time that you were really angry or frustrated. This is something that you may easily identify in a workplace situation. Think of a time when something just didn't feel right when you were doing it. What value were you expressing?
- 4) What is important in your life beyond your basic human needs, what MUST you have in your life to experience fulfillment?
- 5) What are the personal values that you must honor or a part of you withers?\
- 6) Are there qualities that you can not tolerate?
- 7) What are your greatest accomplishments?
 - Start to name you values
 - Operationalize your values. What (action) will you do to reflect this value?
 - For each value: What are 3 behaviors that support this value? What are 3 behaviors that don't support this? Can you think of a time when you were fully living into this value?