

# Core Values Assessment

*Values are fundamental beliefs that guide a person's thoughts, actions and decisions. They serve as a moral compass about right and wrong and what is most important in a person's life. Values determine destinies.*

In this exercise, you will reflect on the values that guide your thoughts and actions and narrow the list to your innermost values. These core values are almost always reflected in your life, whether you are conscious of them or not. The goal is to make you more conscious of your values so that live with intentionality and are able to make decisions and behave consistently in alignment with what matters most to you.

## **Instructions:**

1. Circle the values that resonate strongly with you (maximum 25).
2. Reduce the selected values until you get to 10 values. These values likely figure prominently in your life – in your beliefs, decisions and behaviors.
3. Reduce the list of 10 values to your top 5 values. These are your core values. They are most prominent in your life and are your non-negotiables. If these values are violated by you or anyone else, you feel it most deeply.

Acceptance	Cleanliness	Drive	Happiness	Minimalism	Spirituality
Accountability	Collaboration	Empathy	Harmony	Openness	Stability
Achievement	Commitment	Empowerment	Health	Optimism	Sustainability
Adaptability	Communication	Equality	Honesty	Peace	Teamwork
Adventure	Community	Ethical	Humility	Performance	Thoroughness
Altruism	Compassion	Excellence	Humor	Perseverance	Timeliness
Ambition	Competence	Fairness	Independence	Power	Transparency
Authenticity	Connection	Faith	Influence	Presence	Trust
Authority	Consciousness	Fame	Inspiration	Productivity	Truth
Autonomy	Contribution	Family	Integrity	Purpose	Uniformity
Balance	Control	Fidelity	Intelligence	Quality	Uniqueness
Beauty	Cooperation	Fortitude	Intimacy	Recognition	Unity
Benevolent	Courage	Freedom	Intuition	Respect	Wealth
Boldness	Creativity	Friendships	Joy	Responsibility	Wellbeing
Bravery	Curiosity	Fun	Justice	Safety	Winning
Candor	Decisiveness	Generosity	Kindness	Security	Wisdom
Certainty	Dependability	Goal-oriented	Leadership	Service	Work ethic

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Challenge	Determination	Gratitude	Learning	Simplicity	Other:
Charity	Discipline	Growth	Love	Solitude	Other:

## Questions:

### 1. **Can a person's values be aspirational?**

Yes. While values reflect a person's beliefs, thoughts, and actions, they can be chosen. A person always has the opportunity to choose the values they want represented in their life and create the discipline in their thoughts and actions to consistently demonstrate the values in their life. Life experiences can lead a person to reevaluate their definitions of right and wrong and what's most important in life. This is part of normal consequence of human growth and development.

### 2. **Why is it recommended to identify five core values? Is that number significant?**

A person has many more values than those identified as core values. However, some values are situational. They may figure prominently in a certain situation or even for a limited period of time. Core values are usually constant and endure over long periods of a person's life. For example, a value centered on family or faith may stay as a core value throughout a person's entire lifetime. The other reason why it's recommended to maintain a core set of values is because when a person is confronted with a decision (job, relationship, financial, etc.), they are likely to evaluate their options through a sieve of values. Having a core set makes it easier and more efficient to decide which options are in the person's best interest and which are in alignment with how they want to live their lives. This leads to greater confidence and inner peace.

### 3. **Can a person's values change?**

Yes. They certainly can. As stated in Question #1, as a person continues to experience life, gains knowledge and understanding of the world around them, they may challenge old assumptions and interpretations they previously held as "truths." The core values are fundamental beliefs, and some may stay with a person throughout their lifetime.

### 4. **What if a situation requires consideration of a value that is not in the core values set?**

A person has many values available to use in a given situation. It is likely that a person can encounter a situation that calls for a value consideration outside of the core set of five values. I recommend the person uses the value that is needed in a situation along with the values in their core values set. Since the core values reflect the person's beliefs most consistently, I recommend every thought, action, or decision be put through the sieve of the core values.

### 5. **Does a person have to use all five core values in every situation?**

Yes and No. Yes, a person should put the situation or decision through the sieve of their core values, but it's also likely that not every decision will impact, threaten or test all five values. For example, if a person values financial security, the situation or decision may not threaten their financial security and so that value will not play prominently. However, it is a good practice to at least ask, "How will this decision or action impact my financial security?" You may find inner peace knowing the decision or action has no bearing on your financial security.

**Any other questions regarding identifying and integrating your core values? Please send me an email at [tonya@yourahalife.com](mailto:tonya@yourahalife.com). I'd be happy to speak with you and answer your questions.**

**Congratulations on identifying your Core Values!**

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