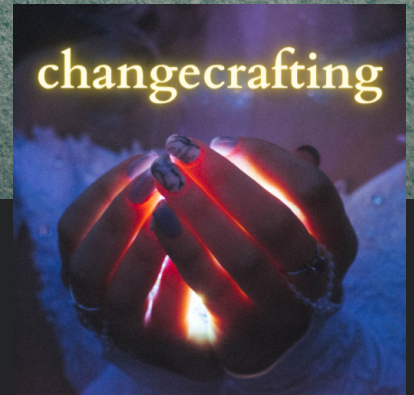


CORE VALUES



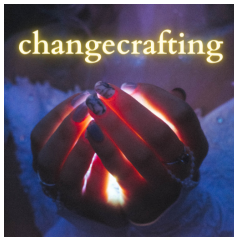
Core Values



# Core Values Exercise

## Know Thyself.

On the front of the Temple of Apollo at Delphi, legend has it, were inscribed the words "**Know Thyself.**" In an age of intensive self-*presentation*, as we share selfies and Instagram our dinners out and post images from curated life moments, it may seem as though we are living in one of the most self-reflective ages in human history. But indeed, almost the opposite may be true. As we all find ways to live in the glare of a life where we are or can be observed in any moment, and as we curate presentation of ourselves for observation by others, we develop a more powerful "ourselves as others see us" lens.



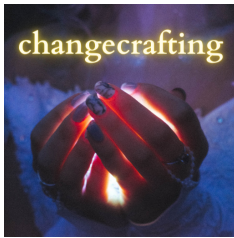
# Core Values Exercise

## Turn your gaze inward.

In other words, we cultivate -- intentionally or experientially -- an "external locus of observation." Focusing too heavily on what others are thinking and observing of us, whether by intention or by accident, can lead us far astray. It can lead us to lose contact with our deep inner wisdom, and cause us to forget our own purpose in life.

Your own life matters: your journey, your gifts and talents, and what you hope to accomplish in the world **matter**. You need to be sure you have the tools to come home to yourself, and to your core values.

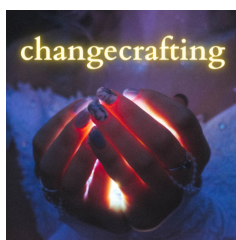




# Core Values Exercise

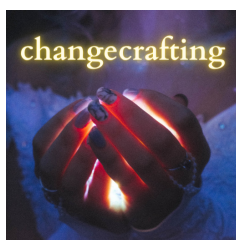
## Identify your values.

One of the best ways you can re-center in your own knowledge of self is to do a **core values exercise**. This exercise will present you with an extensive list of value words. Set aside some quiet time, when you won't be interrupted, and really read through all the words carefully. Jot down the words that mean the most to you; the ones which you believe represent your most deeply held values, the ones you strive to live by -- or **want** to strive to live by.



# Core Values Exercise

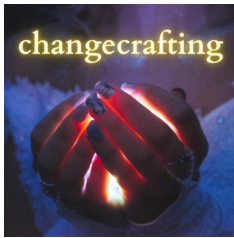
Acceptance Accomplishment Accountability Accuracy Achievement  
Adaptability Alertness Altruism Ambition Amusement Assertiveness  
Attentive Awareness Balance Beauty Boldness Bravery Brilliance  
Calm Candor Capable Careful Certainty Challenge Charity  
Cleanliness Clear Clever Comfort Commitment Common sense  
Communication Community Compassion Competence Concentration  
Confidence Connection Consciousness Consistency Contentment  
Contribution Control Conviction Cooperation Courage Courtesy  
Creation Creativity Credibility Curiosity Decisive Dedication  
Dependability Determination Development Devotion Dignity  
Discipline Discovery Drive Effectiveness Efficiency Empathy  
Empower Endurance Energy Enjoyment Enthusiasm Equality Ethical  
Excellence Experience Exploration Expressive Fairness Family  
Famous Fearless Feelings Ferocious Fidelity Focus Foresight  
Fortitude Freedom Friendship Fun Generosity Genius Giving  
Goodness Grace Gratitude Greatness Growth Happiness Hard work  
Harmony Health Honesty Honor Hope Humility Humor Imagination  
Improvement Independence Individuality Innovation Inquisitive  
Insightful Inspiring Integrity Intelligence Intensity Intuitive Joy  
Justice Kindness Knowledge Lawful Leadership Learning Liberty  
Logic Love Loyalty Mastery Maturity Meaning Moderation  
Motivation Openness Optimism Order Organization Originality  
(cont.)



# Core Values Exercise

Passion Patience Peace Performance Persistence Playfulness  
Poise Potential Power Present Productivity Professionalism  
Prosperity Purpose Quality Realistic Reason Recognition  
Recreation Reflective Respect Responsibility Restraint Results-  
oriented Reverence Rigor Risk Satisfaction Security Self-reliance  
Selfless Sensitivity Serenity Service Simplicity Sincerity  
Skillfulness Smart Solitude Spirit Spirituality Spontaneous  
Stability Status Stewardship Strength Structure Success  
Support Surprise Sustainability Talent Teamwork Temperance  
Thankful Thorough Thoughtful Timeliness Tolerance Toughness  
Traditional Tranquility Transparency Trust Trustworthy Truth  
Understanding Uniqueness Unity Valor Victory Vigor Vision  
Vitality Wealth Welcoming Winning Wisdom Wonder

After you have chosen your words, take a little time with them. Write a sentence or two about why this is one of your core values, and how you live it in the world. See if you can come up with concrete examples of ways you live the value. You want to show yourself how and why this is one of **your** core values. You are painting a picture of your interior landscape with words and stories. Feel free to be more creative, as well -- if you are moved to poetry or painting, collage work or anything else, explore!



# Core Values MindMap

Now that you have your values, create a MindMap. In the center, write your name or draw yourself or an image that represents the "real you." There's no wrong way to represent yourself, so have fun!

Around the center hub of YOU, write out your **SIX most central core values**. If you want to, feel free to add additional spokes out from each value, where you list a few examples of how you live that value in your thinking and actions.

