1. Start by letting go of the need to be something in particular and your concern about finding the best answer. Letting go includes the worry about what people might think of you. If you meditate, this would be a good time to do a ten-minute meditation to clear your mind before you get started.

2. Take two to three minutes and go through the list of one hundred words on the next page. Look for all the words that stand out to you as being important in some way and mark them with a circle or checkmark. These are the words that elicit a response like “Ah-ha!" or "OMG." Ignore the words where you think, “Of course, a leader would value that."

Reminder: *Resist the temptation to look for the words you want as your values. Doing this will result in an answer biased by your stories.*

3. Write out the words you have identified, grouping the words that seem common to each other. Again, do not overthink this step. Just go with your first thoughts as it's likely your best answer.

Tip*: Limit the number of groups to a maximum of five. It can be a challenge getting to know your values when you're dealing with too many words*.

4. Name each of the groups. That name might be one of the words in the group, or it might be something different.

Write the names of your groups below. These names are your core values:

_____

_____

_____

_____

_____

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Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Collaboration
Commitment
Community
Compassion
Consistency
Contribution
Cooperation
Creativity
Credibility
Curiosity
Daring
Decisiveness
Dedication
Dependability
Diversity

Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Flexibility
Flexibility
Freedom
Friendships
Fun
Generosity
Grace
Growth
Happiness
Health
Honesty
Humility
Humour
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence
Intuition
Joy
Kindness

Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Mindfulness
Motivation
Open-Mindedness
Optimism
Originality
Passion
Peace
Perfection
Performance
Personal Development
Playfulness
Popularity
Power
Preparedness
Proactive
Proactivity
Professionalism
Professionalism
Punctuality
Quality
Recognition
Relationships
Reliability
Resilience

Resourcefulness
Responsibility
Responsiveness
Risk-Taking
Safety
Security
Security
Self-Control
Selflessness
Service
Simplicity
Spirituality
Stability
Stability
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal

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