



## CORE VALUES EXERCISE

Your values are the principles that guide your decisions and actions. They ensure that what you *do* is in alignment with who you *are*. Examples of core values can include things like curiosity, integrity, empathy, justice, purpose, etc.

*1. Brainstorm a list of your core values. Brain dump as many as you can think of without any source of "inspiration." We want your subconscious responses to come out before you look elsewhere for guidance.*

If you're feeling stuck, use the following questions to get your brain juices flowing:

Who inspires me and why?

How do I want other people to treat me?

What do I invest my time/money in?

What lessons did I learn from my most pivotal life experiences?

What angers/annoys/frustrates me and/or causes me pain? (The opposite attitudes/actions could be reflective of your core values)

You might also like to refer to [this list](#) of core values created by Brene Brown.

*2. Once you have a comprehensive list, narrow it down to 3-5 core values.*

Tip: You can group similar values together and choose one word to capture their essence based on a unifying theme. For example, if you have words like people, relationships, and intimacy, the unifying theme (or core value) might be connection. If you need help grouping your values together, feel free to drop a post in the FB group and I'd be happy to help you!

*3. Now, create a values statement for each value. This is a one-sentence description that communicates why each value is important to you.*

### Reflections

*Now that you've clarified your core values and why they're important to you, reflect on how present each of these values are in your life at the moment. In what ways do you practice each of these on a daily basis? In what ways do you need to incorporate more of your values into your life, and how can you do that?*