



# Core Values Exercise

-Janice Mae-

# Values

*What they are and how to identify them.*

We have two types of value systems:

## 1. **Core Values**

We came outfitted with the perfect value system to help us manifest our life's purpose. Our values guide us and keep us authentic. All "values" are "valuable" and worthy, yet some are more "right" for you than others. These are your core values and they are unique to you alone. Your core values are sacred and will keep you aligned with your soul.

## 2. **Adopted Values**

Society, church, culture and individuals in your life, with the best of intentions, may have forced their value system upon you. Others in your life, with their own core values, thought they were helping you by imposing their values upon you. These are called adopted values. You were surrounded by these values and slowly and unconsciously you absorbed and adopted them as self. You adopted these in order to survive with parents, siblings, church, culture, at work, with partners, and friends. These may feel authentic if they have been adopted for years. Adopted values can be beneficial and help us develop strengths that we may not have developed otherwise.

# Directions For The Values Experience


## Self Assessment

### 1. Core Values

Using the list below. Place a checkmark beside the words that you strongly value or that resonate strongly for you.

### 2. Adopted Values

Take a moment and reflect on the most influential people in your formative years of 1-8. Pick one of these people. Now look at the values with the checkmark. Reflect on each value. Are these truly your values or did you adopt them along the way to adapt harmoniously to your life? Are these adopted values or are they your authentic values? If these are truly your values, now draw a heart or circle around your checkmark.

Example: Commitment 



# Values List

Please add your own values if they are not listed

Assertiveness	Authenticity	Autonomy
Confidence	Consideration	Courage
Enthusiasm	Excellence	Gentleness
Helpfulness	Honesty	Joyfulness
Justice	Kindness	Orderliness
Patience	Peacefulness	Self-Discipline
Service	Tact	Truthfulness
Understanding	Unity	Caring
Courtesy	Flexibility	Honour
Love	Perseverance	Thankfulness
Creativity	Cleanliness	Commitment
Compassion	Change/Variety	Determination
Detachment	Responsibility	Physical Challenge
Power & Authority	Abundance	Influence People
Intellectual Status	Advancement	Creative Expression
Freedom	Financial Security	Moral Fulfillment
Excitement	Promise Keeping	Religion
Trustworthiness	Teamwork	Coaching

# Values List

Please add your own values if they are not listed

Forgiveness	Generosity	Humility
Faith	Integrity	Loyalty
Moderation	Modesty	Tolerance
Reliability	Respect	Cooperation
Trust	Beauty	Work/Chores
Adventure	Learning	Recognition
Innovation	Community	Help Society
Competence	Precision	Spirituality
Security	Stability	Family
Balance	Tranquility	Independence
Obedience	Competition	Friendships
Humour	Knowledge	Status
Timeliness	Listening	Relationships
Questions	Winning	Vision
Harmony	Friendliness	Sharing
Purposefulness		



## *Evaluating,*

Reflecting and deciding on your values is a freeing process. Being aware of one's core values aids in decision making as you ask yourself "Is this idea in alignment with my values?" "Will this decision bring about an outcome that is in alignment with my values?" Keep yourself aligned to your core values and see how this affects you mentally, physically, emotionally, and spiritually. Your adopted values are still valuable, yet they are not core to you. These adopted values are great to borrow when you need them as you have probably developed some mastery in them, yet it can be a great relief when you let them go.

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