LIVING WITH POSSIBILITY

COMPLIMENTARY WORKSHEET

EPISODE 1 FINDING PURPOSE

1.1 How to Identify Your Core Values

After listening to Podcast #1 in this series, Finding Purpose, this download will help you to identify your ‘core’ values, those personal ideals and principals that inform you of who you are, or who you want to become, and provide you with a set of ‘tools’ in effective decision-making.

HOW IT HELPS TO KNOW YOUR CORE VALUES

In knowing your personal values, you gain a clearer understanding of what is driving your motives. This gives you more confidence in taking the required action needed when you want to choose a meaningful career, an intimate relationship and other important life-choices. It also helps to reduce stress because you are more relaxed in knowing what you really do and don’t want from life.

3 EASY STEPS: FINDING CORE VALUES

Step1 Observe:

* Read through the list below to get aquainted with some common core values.

Step 2 Align:

* Now reread and write down your top 10 values; the principle things you consider as the non-negotiable aspects to your life.

Step 3 Prioritise:

* With a focus on these top 10 values, read through and identify the most important 5 ‘core’ values and write them down. Ask yourself: ‘I value...’

These are suggestions only, you may think of others not on this list, and, there is no ‘right’ answer, only the ‘choice’ that is important to you at this point on your journey.

LIST OF COMMON ‘CORE’ VALUES

Authenticity Adventure Assertiveness

Achievement Advocacy Balance

Beauty Belonging Challenge

Cleanliness Communication Commitment

Compassion Competency Connection

Contribution Cooperation Courage

Creativity Curiosity Determination

Dedication Diplomacy Encouragement

Fairness Faith Family

Financial stability Fitness Flexibility

Friendship Freedom Generosity

Gratitude Happiness Harmony

Health Honesty Humour

Independence Intimacy Innovation

Intuition Justice Kindness

Knowledge Leadership Love

Loyalty Mindfulness Motivation

Organisation Peace Politeness

Positivity Perseverance Playfulness

Poise Recognition Reliability

Respect Responsibility Safety

Self-expression Service Success

Tenacity Trust Wisdom

TIP: You will notice some of the values listed do overlap in their meaning (as in Love, Family, Friendship) so you can choose one to identify a group of values to make it easier.

MY 5 CORE VALUES ARE:

1.

2.

3.

4.

5.

DATE:

TASK: Knowing these are my 5 core values at present, I intend to:

A:

\*\*\*

LIVING WITH POSSIBILITY PODCAST SERIES Vision Australia

Created by Maribel Steel 2019 www.maribelsteel.com