



*Empowering Minds, Accelerating Performance, and Boosting Resilience in the Workforce!*

## **Core Values**

What values do you feel are essential to both living and leading your life with purpose and meaning?

Source out **15** values from the list below. You can circle or highlight each of the values you select. Now see if any of the values are like one another (i.e., honesty/integrity; accountability/discipline) as we would encourage you to not have similar values to one another.

Now, select only **10** of the 15 values you had selected. The 10 values should be what you feel are most important to you. Discuss the 10 newly selected values with a friend and/or colleague. They may enlighten you and provoke healthy curiosity in seeking the most appropriate values that align with your why.

**Now, we encourage you to narrow the list to just five values and place them in order of importance.**

*Abundance, Acceptance, Accuracy, Accountability, Achievement, Activeness, Adaptability, Affection, Agility, Alertness, Altruism, Ambition, Articulacy, Assurance, Awareness*

*Balance, Belongingness, Beneficial, Bliss, Brilliance, Buoyancy*

*Calmness, Camaraderie, Candor, Capability, Care, Caring, Carefulness, Certainty, Chastity, Clarity, Closeness, Compassion, Composure, Confidence, Courage*

*Dedication, Dependable, Depth, Desire, Development, Diligence, Direction, Discipline, Discovery, Diversity, Drive,*

*Education, Effectiveness, Efficiency, Empathy, Energy, Enthusiasm, Excellence, Expectancy*

*Fairness, Family, Ferocity, Firmness, Flexibility, Flow, Focus, Fortitude, Fun*

*Giving, Gratitude, Growth, Guidance*

*Happiness, Harmony, Health, Honor, Humility*



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## ***Core Values cont'd***

*Imagination, Impact, Impartiality, Inclusion, Ingenuity, Integrity, Intelligence, Intuitiveness*

*Joy, Justice*

*Openness, Optimism, Order, Organization, Originality*

*Patience, Perseverance, Pride*

*Rational, Reliable, Resilient, Resourceful*

*Spirit, Strength, Support*

*Trust*

*Vision*

*Wisdom, Worth*

*Zeal*