Live your Core Values
10 Minute Exercise to Increase your Success

Our core values are the **true representation of our authentic selves**.

Unfortunately, this is not always what we present to the world, which is why it is important to **know** and **stand firm** on what your core values are.

It doesn't take years of soul searching and self-reflection to find your core values. This simple exercise can help you start living your best life according to your core values.

1. Determine Your Core Values

From the list below, choose and write down every core value that speaks to you. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you.

Abundance	Balance	Collaboration	Encouragement	Generosity	Knowledge	Passion	Professionalism	Security	Thoughtfulness
Acceptance	Being the Best	Community	Enthusiasm	Grace	Leadership	Peace	Punctuality	Self Control	Traditionalism
Accountabilit	Benevolence	Compassion	Ethics	Growth	Learning	Perfection	Quality	Selflessness	Understanding
Achievement	Boldness	Consistency	Excellence	Happiness	Love	Performance	Relationships	Service	Uniqueness
Adventure	Brilliance	Cooperation	Fairness	Health	Loyalty	Personal Development	Reliability	Simplicity	Versatility
Advocacy	Calmness	Creativity	Family	Honesty	Making a Difference	Playfulness	Resourcefulness	Spirituality	Vision
Ambition	Caring	Dedication	Flexibility	Humor	Motivation	Popularity	Responsibility	Stability	Warmth
Appreciation	Charity	Dependability	Friendships	Independence	Optimism	Power	Responsiveness	Success	Well-Being
Attractivenes	Cheerfulness	Diversity	Freedom	Joy	Open Mindedness	Preparedness	Risk Taking	Teamwork	Wisdom
Autonomy	Cleverness	Empathy	Fun	Kindness	Originality	Proactivity	Safety	Thankfulness	Zeal

2. Group All Similar Values Together from your List of Values

Group them in a way that makes sense to you. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Intuition	Mindfulness	Personal Development	Happiness
Security	Kindness	Thankfulness	Spirituality	Humor
Freedom	Love	Thoughtfulness	Well-Being	Inspiration
Independence	Making a Difference			Joy
Flexibility	Open Mindedness			Optimism
Peace	Relationships			Playfulness

3. Choose One Word Within Each Group that Represents the Entire Group

Again, do not overthink your labels – there are no right or wrong answers.
You are defining the answer that is right for you.
See the example below – the label chosen for the grouping is in red.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Intuition	**Mindfulness**	Personal Development	**Happiness**
Security	Kindness	Thankfulness	Spirituality	Humor
Freedom	Love	Thoughtfulness	**Well-Being**	Inspiration
Independence	**Making a Difference**			Joy
Flexibility	Open Mindedness			Optimism
Peace	Relationships			Playfulness

4. Add a Verb to Each Value Label

Add a verb to each value so you can see what it looks like as an actionable core value.

For example:
Live in freedom.
Seek opportunities for making a difference.
Act with mindfulness.
Promote well-being.
Multiply happiness.

This will guide you in the actions you need to take to feel like you are truly living on purpose.

5. Post Your Core Values Where You See Them when Faced with Decisions

Write your core values in order of priority in your planner, so they are available as an easy reference when you are faced with decisions. Put them on a sticky on the edge of your computer screen. Or make a background with them on it for your cell phone.

For example:
1. Live in freedom.
2. Act with mindfulness.
3. Promote well-being.
4. Multiply happiness.
5. Seek opportunities for making a difference.

Now Live Your Core Values!

The most important thing you can do for your personal success today is to know your core values and use them as your guide.

Knowing core values is important because when we need to choose or decide something, you can do so easily by simply determining if the choice lines up with your true core values. A life lined-up with personal values is a well-lived, purpose-filled life.