

VALUES-BASED PRACTICE

Identifying Your Core Values

(based on MindTools.com, 2019)

Spend some time reflecting on examples from both your professional and personal lives:

Identify a time when you were **happiest**

- What were you doing?
- Were you with other people? Who?
- What other factors contributed to your happiness?

Identify a time when you were **most proud of yourself**

- Why were you proud?
- Did other people share your pride? Who?
- What other factors contributed to your feelings of pride?

Identify a time when you were **most fulfilled and satisfied**

- What need or desire was fulfilled?
- How and why did the experience give your life meaning?
- What other factors contributed to your feelings of fulfillment?

Based on your experiences with happiness, pride, fulfillment – what was happening in these times, what was fulfilling, what factors contributed to the outcome - you can start to identify your core values. To support this process of identifying values, review the list of values (on the following page) and determine your **top 5**. Feel free to add to this list of values if there is one that doesn't appear and is important to you.

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Accountability	Devoutness	Holiness	Restraint
Accuracy	Diligence	Honesty	Rigor
Achievement	Discipline	Honor	
Adventurousness	Discretion	Humility	Security
Altruism	Diversity		Self-actualization
Ambition	Dynamism	Independence	Self-control
Assertiveness		Ingenuity	Selflessness
	Economy	Inner Harmony	Self-reliance
Balance	Effectiveness	Inquisitiveness	Sensitivity
Being the best	Efficiency	Insightfulness	Serenity
Belonging	Elegance	Intelligence	Service
Boldness	Empathy	Intuition	Shrewdness
	Enjoyment		Simplicity
Calmness	Enthusiasm	Joy	Soundness
Carefulness	Equality	Justice	Speed
Challenge	Excellence		Spontaneity
Cheerfulness	Excitement	Leadership	Stability
Clear-mindedness	Expertise	Legacy	Strategic
Commitment	Exploration	Love	Strength
Community	Expressiveness	Loyalty	Structure
Compassion			Success
Competitiveness	Fairness	Mastery	Support
Consistency	Faith	Merit	
Contentment	Fidelity		Teamwork
Continuous	Fitness	Obedience	Temperance
Improvement	Fluency	Openness	Thankfulness
Contribution	Focus	Order	Thoroughness
Control	Freedom	Originality	Thoughtfulness
Cooperation	Fun		Timeliness
Correctness		Patriotism	Tolerance
Courtesy	Generosity	Perfection	Traditionalism
Creativity	Goodness	Positivity	Trustworthiness
Curiosity	Grace	Practicality	Truth-seeking
	Growth	Preparedness	
Decisiveness		Professionalism	Understanding
Dependability	Happiness	Prudence	Uniqueness
Determination	Hard Work		Unity
	Health	Reliability	Usefulness
		Resourcefulness	
			Vision
			Vitality