



Establishing Your Core Values

Values are often described as principles; they are the things that are important to us. It's our values that drive our decisions. We are often unaware of how much they influence the way we feel. They are powerful emotional states.

When we live our lives in harmony with our values we experience inner peace, contentment, joy. When we go against our values the opposite happens.

It's important to recognise that values are leaned, they come from our parents, peers, education, culture, religion, the people we were surrounded by as we grew up. The fact that they are leaned means they may not be truly what we want, and may become rules we feel we should live by. Values mean very different things to different people.

We can release old values that no longer serve us. It is important to be true to ourselves and select the values that are important to us and no-one else. This is how we access our true authenticity.

Values Exercise

Choose a minimum of 7 values

Adventure	Status	Integrity
Optimism	Significance	Strength
Tradition	Environmentalism	Justice
Success	Positivity	Harmony
Fitness	Wealth	Performance
Friendship	Honesty	Accountability
Pleasure	Fun	Perfection
Charity	Challenge	Flexibility
Artistry	Correctness	Integrity
Freedom	Loyalty	Optimism
Efficiency	Punctuality	Significance
Creativity	Power	Positivity
Spirituality	Health	Strength
Family	Peace	Tradition
Control	Security	Environmentalism
Reliability	Knowledge	Success
Community	Honour	Love
Innovation	Compassion	Open-mindedness
Passion	Courage	Consistency

Add more if you have others that are important to you.



Now list in order of importance

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

What will each give you when you honour them?

1

2

3

4

5

6

7