

# DISCOVERING YOUR THREE CORE VALUES

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# DISCOVERING YOUR THREE CORE VALUES



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Our core values are important for us to know because it gives you so much insight as to how you interact with the world and the strengths you will have as a leader.

Look at the list on the following page and start off by circling the words that really speak to your soul. There will be a lot of things that are important to you. For example, we all value honesty, but that doesn't necessarily mean that it is a core value for you. Pay attention to the words that are really standing out above the others - those are the ones you need to circle.

After you've gone through the list and circled those words that stand out for you, try and narrow them down to 8 top values.

You'll likely notice that there are some words that mean similar things. That's intentional.

Each of those words has a slightly different meaning and will resonate differently with different people. Honesty and Integrity are similar but have different deeper meanings. When you're narrowing things down to those top 8 values, look at the similar words that you've circled and pick the one that you resonate with most

Write them down on a piece of paper or in a note on your phone.

Take some time looking at your top 8 values, and narrow that down further to your top 3. These are your core values. If you need some help with this, meditate on it, sleep on, ask someone who knows you really well what they think best describes you from your list of 8 values...there's no rush in figuring this out.

Highlight your three core values on your piece of paper or in a note on your phone.

# CORE VALUES LIST

Acceptance	Efficiency	Independence	Quality
Accountability	Emotional Intelligence	Insight	Reliability
Adaptability	Empathy	Integrity	Recognition
Authenticity	Enjoyment	Intuition	Resilience
Availability	Enthusiasm	Joy	Resourcefulness
Balance	Equality	Justice	Respect
Belonging	Esteem	Kindness	Security
Caring	Fairness	Knowledge	Self Actualization
Compassion	Faith	Leadership	Self Awareness
Consistency	Flexibility	Love	Selflessness
Connection	Focus	Loyalty	Strength
Consideration	Freedom	Mastery	Support
Cooperation	Fun	Merit	Teamwork
Creativity	Generosity	Morality	Tolerance
Credibility	Gratitude	Motivation	Transparency
Curiosity	Growth	Nurturing	Trust
Decisiveness	Guidance	Objectivity	Truth
Dependability	Health	Openness	Understanding
Determination	Helping Others	Optimism	Unity
Discipline	Honesty	Partnership	Wisdom
Diversity	Humility	Patience	
Drive	Humor	Persistence	
Eagerness	Imagination	Professionalism	

# NOW WHAT?

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Now that you've discovered your 3 core values, it's time to reflect on how these influence your interactions with others and how you see the world.

Coming back to the example of honesty, if this is one of your core values you will become highly triggered when someone is dishonest. However, if you're like me and this isn't one of your core values, when you experience some dishonesty it still hurts, but it is much easier to let it go.

When something or someone challenges your core values it is very difficult to release it, move on, forgive and let go. These are the things that we really need to focus on for our self-talk especially for our self-talk around what we think of others.

When we know our core values and how we're triggered when they're challenged, we can remind ourselves to stay calm, objective, and try to understand where the other person is coming from.

Take a few moments now to reflect here on your core values, what they mean for you, and how these values are related to your common triggers.

As always if you need any help or support, send me an email at [ali@coachalilevin.com](mailto:ali@coachalilevin.com) or reach out to me on social media [@CoachAliLevin](https://www.instagram.com/CoachAliLevin). I'm here for you, every step of the way.

**Your coach,**  
**Ali**

**P.S. READY TO GET THAT PROMOTION  
YOU KNOW YOU DESERVE?**

**THIS IS FOR YOU.**

**ali levin**

