

my
SELF

CORE VALUES



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CARTMILL

WHAT ARE CORE VALUES

Core values are the deeply-held beliefs and principles that guide your decisions, actions, and behaviors. Think of them as the compass that helps you navigate life—whether you're facing a big decision, a tough situation, or just going about your day-to-day routine. They're like your personal "rules of the road" that help keep you aligned with what's truly important to you.

Why do they matter? Well, when you're clear on your core values, it's easier to make choices that align with who you are and what you stand for. You'll know when something feels right (or wrong), and you'll feel more confident and grounded in your decisions. When you act in alignment with your values, life tends to flow more smoothly, and you feel more fulfilled, because you're honoring your true self.

Knowing your personal core values can also bring a sense of purpose and clarity. When life gets overwhelming or uncertain, you can use them as a filter to evaluate your options. It's like having a personal GPS system that points you toward what's right for you, even when external pressures or distractions come into play.

VALUES EXERCISE

1. Determine your core values. From the list below, **make a mark** next to every core value that resonates with you. You may have a lot- that's okay - just not the entire list :) Do not overthink your selections - **trust your first instinct** - notice how you read the word **how your body responds**. It may feel energized, drained, pulled or nothing. The body doesn't lie. Put a star or indicate the ones that you feel more strongly resonates with you. These are things that matter to you, your core values.

Abundance	Daring	Intuition	Preparedness
Acceptance	Decisiveness	Joy	Proactivity
Accountability	Dedication	Kindness	Professionalism
Achievement	Dependability	Knowledge	Punctuality
Advancement	Diversity	Leadership	Recognition
Adventure	Empathy	Learning	Relationships
Advocacy	Encouragement	Love	Reliability
Ambition	Enthusiasm	Loyalty	Resilience
Appreciation	Ethics	Making a Difference	Resourcefulness
Attractiveness	Excellence	Mindfulness	Responsibility
Autonomy	Expressiveness	Motivation	Responsiveness
Balance	Fairness	Optimism	Security
Being the Best	Family	Open-Mindedness	Self-Control
Benevolence	Friendships	Originality	Selflessness
Boldness	Flexibility	Passion	Simplicity
Brilliance	Freedom	Performance	Stability
Calmness	Fun	Personal Development	Success
Caring	Generosity	Proactive	Teamwork
Challenge	Grace	Professionalism	Thankfulness
Charity	Growth	Quality	Thoughtfulness
Cheerfulness	Flexibility	Recognition	Traditionalism
Cleverness	Happiness	Risk Taking	Trustworthiness
Community	Health	Safety	Understanding
Commitment	Honesty	Security	Uniqueness
Compassion	Humility	Service	Usefulness
Cooperation	Humor	Spirituality	Versatility
Collaboration	Inclusiveness	Stability	Vision
Consistency	Independence	Peace	Warmth
Contribution	Individuality	Perfection	Wealth
Creativity	Innovation	Playfulness	Well-Being
Credibility	Inspiration	Popularity	Wisdom
Curiosity	Intelligence	Power	Zeal

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2. BEFORE GROUPING IN STEP 3-

Read through your marked words again. Instead of skimming, pause and **describe** what the word you marked means to you- your personal definition. *Do not assume you know exactly what the word means.* You may have marked similar words and having a challenge determining which one Most Accurately represents your core value. Get super curious, grab a **dictionary** and look up definitions.

Here's a tip if you want to really **Get to Know Yourself**:

Imagine having someone you never met sitting across from you asking:

What do you mean by that word?

Can you give me an example of a positive time you experienced _____ in your life?

Tell me about a time you experienced a breakdown or violation of _____ in your life.

Be specific - this is all about you!



3. **Group all similar values together from the list of values you just created.**

Group them in a way that makes sense to you, personally. Create a maximum of **five groupings**. If you have more than five groupings, drop those least important. See the examples below.

Abundance
Growth
Wealth
Security
Freedom
Independence
Flexibility
Peace

Acceptance
Compassion
Contribution
Inclusiveness
Intuition
Kindness
Love
Trustworthiness
Relationships

Appreciation
Encouragement
Thankfulness
Thoughtfulness
Mindfulness
Gratitude
Presence

Balance
Growth
Health
Personal Development
Spirituality
Well-being
Activity
Exercise

Cheerfulness
Creativity
Fun
Humor
Inspiration
Joy
Optimism
Playfulness

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4. Choose one word within each grouping that best represents the label for 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 bolded.

Abundance
Growth
Wealth
Security
Freedom
Independence
Flexibility
Peace

Acceptance
Compassion
Contribution
Inclusiveness
Intuition
Kindness
Love
Trustworthiness
Relationships

Appreciation
Encouragement
Thankfulness
Thoughtfulness
Mindfulness
Gratitude
Presence

Balance
Growth
Health
Personal Development
Spirituality
Well-being
Activity
Exercise

Cheerfulness
Creativity
Fun
Humor
Inspiration
Joy
Optimism
Playfulness

WHAT TO DO NEXT

Here's where the magic happens:

Integrate Them into Your Life – Once you know your values, think about how you can bring them into your daily actions and decisions. For example, if "authenticity" is a core value, how can you show up more authentically in your relationships or work? If "balance" is key, how can you ensure you're making space for both work and self-care?

Use Them as a Guide – When you face tough decisions or tricky situations, turn to your values for guidance. **Ask yourself:** Which choice aligns with my values? or How can I act in a way that reflects what matters most to me right now? This helps reduce the stress of overthinking because you've already defined your path.

Revisit and Reassess – Your values might evolve over time, and that's okay! Life changes, and so do you. Regularly check in with yourself to see if your core values are still in sync with who you are, or if they need an update.

In short, your **core values are a powerful tool** to help you live a more intentional and fulfilling life. By identifying, embracing, and acting in alignment with them, you'll find yourself making decisions that feel right for you—no matter what comes your way.

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