



Core Values Alignment Exercise

Step 1: CHOOSE

- Visit the values list
- Check off the words that best represent the qualities, guiding principles and standards that are most desirable to you and believe are important in your life

Step 2: NARROW

- Narrow down to your top 7
 - Notice where you've chosen words that support a similar concept. Decide which word in those groupings BEST captures what you value

Step 3: PRIORITIZE

- Once you have narrowed your list to 7-8, pull them to the list below. Rank them in order of importance. When you encounter a conflict in values which will you honor OVER another? If you get stuck around the ranking, try this first: for each of your "finalists," write out a full sentence or two of **your** definition of that value. Once you've defined each word more fully, return to ranking them.

Step 4: ALIGNMENT IN ACTION

- Make commitments for how you will live your life in greater alignment with your core values
- What may need to come off your plate/change/be released?
- What are you committing to doing more of/leaning into?
- Post your values where you can see them daily. When you truly know these, you can be them and live by them, creating greater joy and ease
- Filter decisions through your core values
- Gratitude journal at beginning and end of each day and reflect on how you have lived your life in alignment with your core values. Reflect on how you can create greater alignment tomorrow

Values Words Worksheet

- | | | |
|---|---|--|
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Discovery | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Daring | <input type="checkbox"/> Guidance |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Distinguishing | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Acquisition | <input type="checkbox"/> Diversity | <input type="checkbox"/> Harmony |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Economic Security | <input type="checkbox"/> Health |
| <input type="checkbox"/> Alignment | <input type="checkbox"/> Education | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Honor |
| <input type="checkbox"/> Amusement | <input type="checkbox"/> Elegance | <input type="checkbox"/> Hope |
| <input type="checkbox"/> Assistance | <input type="checkbox"/> Emotional Well-being | <input type="checkbox"/> Humility |
| <input type="checkbox"/> Attractiveness | <input type="checkbox"/> Empathy | <input type="checkbox"/> Imagination |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Encourage | <input type="checkbox"/> Individualism |
| <input type="checkbox"/> Awareness | <input type="checkbox"/> Encouragement | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Energy | <input type="checkbox"/> Influence |
| <input type="checkbox"/> Being | <input type="checkbox"/> Enlightenment | <input type="checkbox"/> Inclusivity |
| <input type="checkbox"/> Bliss | <input type="checkbox"/> Entertaining | <input type="checkbox"/> Inner Peace |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Environment | <input type="checkbox"/> Innovation |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Equality | <input type="checkbox"/> Inspiration |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Ethics/Ethical | <input type="checkbox"/> Instruction |
| <input type="checkbox"/> Community | <input type="checkbox"/> Excellence | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Experience | <input type="checkbox"/> Intelligence |
| <input type="checkbox"/> Comprehending | <input type="checkbox"/> Exciting | <input type="checkbox"/> Inventiveness |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Expertise | <input type="checkbox"/> Joy |

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Consciousness | <input type="checkbox"/> Explaining | <input type="checkbox"/> Justice |
| <input type="checkbox"/> Consideration | <input type="checkbox"/> Exquisiteness | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Constancy | <input type="checkbox"/> Facilitation | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Fairness | <input type="checkbox"/> Laughter |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Faith | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Fame | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Family | <input type="checkbox"/> Love |
| <input type="checkbox"/> Create | <input type="checkbox"/> Feeling Good | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Fitness | <input type="checkbox"/> Magnificence |
| <input type="checkbox"/> Danger | <input type="checkbox"/> Freedom | <input type="checkbox"/> Mastery |
| <input type="checkbox"/> Dare | <input type="checkbox"/> Friendship | <input type="checkbox"/> Merriment |
| <input type="checkbox"/> Delight | <input type="checkbox"/> Fun | <input type="checkbox"/> Nobility |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Generosity | <input type="checkbox"/> Nurturance |
| <input type="checkbox"/> Detection | <input type="checkbox"/> Grace | <input type="checkbox"/> Observation |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Religious/Religion | <input type="checkbox"/> Order |
| <input type="checkbox"/> Direct | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Organization |
| <input type="checkbox"/> Originality | <input type="checkbox"/> Respect | <input type="checkbox"/> Superiority |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Support |
| <input type="checkbox"/> Peacefulness | <input type="checkbox"/> Responsiveness | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Perception | <input type="checkbox"/> Risky | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Personal Development | <input type="checkbox"/> Safety | <input type="checkbox"/> Touch |
| <input type="checkbox"/> Play | <input type="checkbox"/> Schooling | <input type="checkbox"/> Tranquility |
| <input type="checkbox"/> Pleasure | <input type="checkbox"/> Self-Awareness | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Positive Attitude | <input type="checkbox"/> Self-Worth | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Power | <input type="checkbox"/> Sensations | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Preparation | <input type="checkbox"/> Sensuality | <input type="checkbox"/> Wealth |

- Presence
- Proficiency
- Provider
- Quest
- Radiance
- Recognition
- Relatedness
- Relationships
- Relaxation
- Reliability
- Serenity
- Service
- Simplicity
- Spirituality
- Stability
- Strength
- Success
- Truthfulness
- Understanding
- Wholeness
- Wisdom
- Wealth
- _____
- _____
- _____
- _____
- _____
- _____

My Initial Choices	

Priority/Rank	My Finalists

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