

## Developing Your Personal Core Values

Step 1: Highlight as many of the traits or characteristics in the list below that resonate with you. Add any traits that are important to you that may not be represented.

Appreciation of beauty	Honesty	Purposeful
Bold	Hopeful	Respectful
Bravery	Humility	Resilient
Caring	Humor	Self-Regulation
Charitable	Inspirational	Social Intelligence
Connected	Judgment	Spirituality
Cooperative	Kindness	Teamwork
Creative	Leadership	Tenacious
Curiosity	Love	Thoughtful
Fairness	Love of learning	Trustworthy
Forgiveness	Passionate	Zest
Fulfilled	Perseverance	
Goal Oriented	Perspective	
Grateful	Prepared	
Healthy	Prudence	

Taken from the 24 VIA Character Strengths and AOE Relational Dispositions

Step 2: Answer the following questions

When I think about the best version of myself, that person I want to be, what are the values that I hold dear? List those values below.

- 1.
- 2.
- 3.
- 4.
- 5.

If you were able to hear your eulogy given by an important family member, what are the things you would hope to hear? Highlight or list the key values or traits that you would like to hear.

- 1.
- 2.
- 3.

What are your greatest strengths from VIA Strengths Survey? List at a minimum your top five.

- 1.
- 2.
- 3.
- 4.
- 5.

Step 3: Review all the values, strengths, and traits from Steps 1 and 2. After you have reviewed them divide them into four groups with similar traits. You can add a fifth column if necessary. Select the one value that best summarizes each group of traits.


Step 4: Now it is time to create a statement by adding an action verb to the trait that you selected that summarizes each column of values. 1

- 1.
- 2.
- 3.
- 4.

Step 5: Make sure that you are happy with your value statements and make any adjustments necessary for them to best fit how you want to live your life. Share your Core Values with a friend. “Knowing core values is important because when we need to choose or decide something, we can do so easily by simply determining if the choice lines up with our true values. A life lined-up with personal values is a well-lived, purpose-filled life.” 2

Step 6: The last step is to simply answer the following two questions about each of your Personal Core Values.

What do I believe about the Core Value?

How do I behave when the Core Value is directing my actions?

1 Phillips, B., (2013, April 13) . List Your Core Values: 10 Minute Exercise to Increase Your Success. *TapRoot: Changing the Way the World Solves Problems*. Retrieved from <http://www.taproot.com/archives/37771>

2 Ibid