|  |  |  |  |
| --- | --- | --- | --- |
| **Identifying Your Core Values**  Chose 10 values from the list below that best represent who you are  (you can create your own) | | | |
| **Adventure** | | | |
| Explore unknown |  | Thrill |  |
| Danger |  | Speculation |  |
| Dare |  | Gamble |  |
| Endeavour |  | Quest |  |
| Experiment |  | Be exhilarated |  |
| Venture |  | Risk |  |
| **Create beauty** | | | |
| Embody grace |  | Express refinement |  |
| Exude elegance |  | Attractiveness |  |
| Loveliness |  | Exude radiance |  |
| Experience magnificence |  | Experience gloriousness |  |
| Have taste |  | Orderliness |  |
| **To Catalyse** | | | |
| Impact |  | Move forward |  |
| Touch |  | Turn on |  |
| Un-stick others |  | Coach |  |
| Spark |  | Encourage |  |
| Influence |  | Stimulate |  |
| Energize |  | Alter |  |
| Galvanise |  | Serve |  |
| **To Contribute** | | | |
| Improve |  | Augment |  |
| Assist |  | Endow |  |
| Strengthen |  | Facilitate |  |
| Minister to |  | Grant / Give |  |
| Provide |  | Foster |  |
| Assist / Serve |  | Growth |  |
| **To Feel** | | | |
| Emote |  | To glow |  |
| Sense |  | To feel good |  |
| Be with |  | Experience energy flow |  |
| In touch with sensations |  | Happiness |  |
| **To Create** | | | |
| Design |  | Invent |  |
| Synthesize |  | Be imaginative |  |
| Ingenuity |  | Be original |  |
| Conceive |  | Plan |  |
| Build |  | Perfect |  |
| Assemble |  | Inspire |  |
| Construct |  | Learn |  |
| **To Discover** | | | |
| Detect |  | Perceive |  |
| Locate |  | Realize |  |
| Uncover / Find |  | Discern |  |
| Distinguish |  | Observe |  |
| Guide |  | Find |  |
| **To Lead** | | | |
| Inspire |  | Influence |  |
| Cause |  | Arouse |  |
| Enrol |  | Reign |  |
| Govern |  | Rule |  |
| Persuade |  | Encourage |  |
| Model |  | Direct |  |
| **Embody mastery** | | | |
| Be expert |  | Dominate field |  |
| Adept |  | Superiority |  |
| Primacy |  | Pre-eminence |  |
| Greatest |  | Best |  |
| Outdo |  | Set standards |  |
| Embody excellence |  | Competitive |  |
| **Pleasure** | | | |
| Have fun |  | Experience sensuality |  |
| Experience bliss |  | Be amused |  |
| Be entertained |  | Play games |  |
| Enjoy sports |  | Relaxation |  |
| **To Relate** | | | |
| Be connected |  | Be part of community |  |
| Be part of family |  | To unite |  |
| To nurture |  | Be linked |  |
| Be bonded |  | Be integrated |  |
| Be with |  | Talk |  |
| **Be Sensitive** | | | |
| Express tenderness |  | Touch |  |
| Perceive |  | Be present |  |
| Empathize |  | Support |  |
| Show compassion |  | Respond |  |
| See |  | Sympathise |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Be Spiritual** | | | |
| To glorify |  | Meditate |  |
| Pray |  | Relate to/with God |  |
| Be devoted |  | Be holy / Pure |  |
| Be reverent |  | Be Sanctified |  |
| Be religious |  | Worship |  |
| **To Teach** | | | |
| Educate |  | Instruct |  |
| Enlighten |  | Inform |  |
| Prepare |  | Edify |  |
| Ennoble |  | Prime |  |
| Uplift |  | Explain |  |
| Prevail |  | Train |  |
| **To Win** | | | |
| Accomplish | ` | Attain |  |
| Score |  | Acquire |  |
| Win over |  | Triumph |  |
| Predominate |  | Attract |  |

**Step 2: Next, look through your list of the 20 values you have chosen and follow these step to bring it down to 5:** 

1. Ask your best mother, sibling or best friend (or someone who knows you best) to tell you which of the values you picked suits you. Eliminate any that is not something they associate with you. Try and reduce the list down to 10.
2. Order the top 10 values from most to least important
3. Your values should mean so much to you that life would miserable or meaningless if you are not practising them.
4. Chose the top 5 as your most important values. Remember these can change over time. You can also add values that are not listed.