

Purpose and Values

Understanding and honoring your core values will help you be true to yourself and make better decisions. This can provide a guide for choices every day and even more, at the most important points of your life. In your brain, values act as filters that subconsciously direct your attention, tell you what to consider and what to ignore. The more you work within your core values the more you will focus and find opportunities to pursue and protect what truly matters most to you. There are MANY more; here is a starter list:

Example Core Values

Family	Duty	Fun	Responsibility	Empathy
Integrity	Personal Growth	Art	Morality	Service
Health	Relationships	Wealth	Security	Freedom
Spirituality	Community	Happiness	Success	Independence
Achievement	Connection	Professionalism	God	Balance
Winning	Compassion	Financial	Learning	Loyalty
Fairness	Understanding	Advancement	Travel	Adventure
Tradition	Creativity	Wellness	Fitness	Decisiveness
Faith	Challenge	Friendship	Love	Openness

1. Write Your Story

To get started, write a story about you. What is most important for you? What do you want to last in your life and beyond? What are my highest priorities? Keep asking these questions over and over and keep writing until you have 20-30 things on your list.

2. List Your Core Values

Try not to use the list above, at least to start. Come at it with a blank slate. What would your mom or dad say has always been most important to you? What would those closest in your life now say? Your coworkers? Other associates? Think of those things that are deal breakers... most important for people to know about you. What drives you? Take some time to make this list. Take a break and go back to it. Check the list above or other resources to help you land on the best words to describe your core values.

3. Make it Succinct and Distinct

With the following information as a base, complete the follow questions to make it most succinct and distinct. Make it something you can remember (keep it short!). This too, is best to complete and then let it 'simmer' a bit. You'll want to go back to it and make sure it feels right. And over time, it can evolve with you. Make sure it is easy to see so that you can become aware of how closely you are living your life to your core values. This will help you to make ongoing adjustments as needed, remembering not to beat yourself up about it when you get off track, but to guide yourself to live more intentionally to what is truly most important to you.

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Purpose (**Why** do I exist?):

Single line about why you are here on earth and strengths you bring.

Values (**What** is most important/**How** do I ideally want to spend my time?):

1.

2.

3.

4.

5.

This worksheet was developed and inspired by working with Stagen Leadership Development.