



CORE VALUES WORKBOOK



Core Values

AN OVERVIEW

Your core values represent the traits, qualities and guiding principles that are deeply important (and often non-negotiable) to you as a human being. Your core values also represent your highest priorities and deepest beliefs. Moreover, they direct your decision making. Think of them as your internal GPS system.

As you go through this workbook, keep in mind:

- There is no 'right' or 'wrong' when it comes to your core values.
- There is also no 'right' or 'wrong' when it comes to other people's core values.
- Your core values can change over time. In fact, they most likely will.
- Understanding your core values is an important part of showing up authentically, setting boundaries and evaluating situations.
- Honoring your core values will lead to forward momentum in your life.

When you live your core values, you will authentically feel it. The opposite is also true if you ignore a core value. It may not be obvious, but it will feel as if your internal GPS system has a glitch, and this can lead to misdirection - personally and professionally. This workbook will help you identify your core values so you can determine how to best lean into and authentically live them.

SELECT CORE VALUES

From the list below, circle up to 25 words that resonate most with you as a potential core value. Remember, there are no right or wrong answers, so don't overthink your selections. If you feel that you possess a value that is not represented on the list, feel free to write it in the blank spaces.

Abundance	Inclusiveness	Attractiveness	Compassion
Originality	Creativity	Autonomy	Optimism
Boldness	Humor	Charity	Diversity
Growth	Intelligence	Empathy	Freedom
Accountability	Loyalty	Community	Family
Learning	Caring	Dependability	Health
Humility	Flexibility	Friendships	Power
Innovation	Collaboration	Commitment	Leadership
Love	Intuition	Happiness	Honesty
Peace	Achievement	Fun	Individuality
Appreciation	Joy	Independence	Mindfulness
Privacy	Fairness	Credibility	Success
Recognition	Challenge	Proactive	Motivation
Popularity	Teamwork	Security	Spirituality
Relationships	Stability	Responsibility	_____
Resilience	Advancement	Communication	_____
Acceptance	Simplicity	Professionalism	_____

GROUP & PRIORITIZE

Take the words selected from the previous page and group them into categories that make sense to you. Create no more than 5 categories. For each category, select the **one word** (or write a new one) that describes the theme of that category. These will become your top 5 values. Write this word at the top of each box.

1

2

3

4

5

DEFINE

Carry over each of your 5 core values. Then, in the space below, define what that value means to you. Try to be as clear and concise as possible, and remember this is *your* definition, no one else's.

1

2

3

4

5

FILL YOUR GLASS

Now that you've defined your 5 core values, assess how much you are in alignment with each - both at work and in your personal life. This will also help you determine where you could increase your authenticity. To do this, shade each glass to correspond with the percentage of alignment you feel. No shading equals 0% and shading to the top of the glass equals 100%.

1

Work Personal

2

Work Personal

3

Work Personal

4

Work Personal

5

Work Personal

INSIGHTS

Take a few moments to reflect on what you learned about yourself through this exercise.

What did you learn about yourself by completing the core values exercise?

Based on the 'fill your glass' exercise, what are some areas where you would like to see your work and/or personal life more in alignment with your values?

What might you do to ensure these areas are more in alignment with your values?

WORK WITH ERIN

Erin Meadows is an executive coach, leadership consultant and speaker who helps organizations - and the people in them - reach their full potential.

During her 20 years working with various corporate and nonprofit organizations, Erin has noticed one commonality that cut across every sector, industry and team she has worked with:

An organization can have the most passionate mission statement and boldest vision, yet without effective leaders who know how to inspire, motivate, and bring out the best in others, that organization can fail to meet its mission, spin around in mediocrity, or flat-line altogether.

With a mission to take a human-first approach, Erin created Cause Collaboration - a coaching and consulting company that helps organizations align their teams, strategies and communication with their missions and visions.

If you are in need of coaching, consulting or speaking/training for yourself or your team, Erin would welcome the opportunity to speak with you.

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