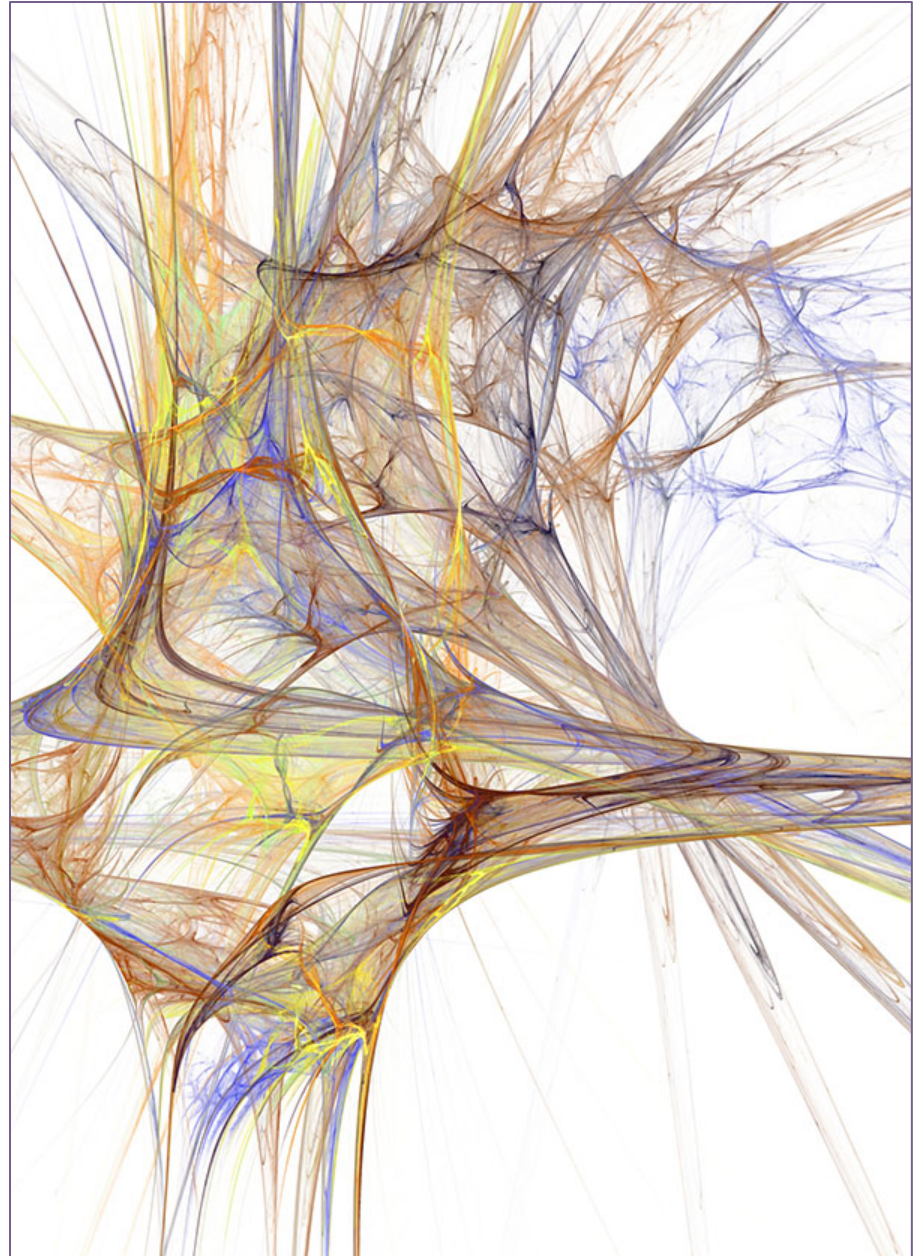


Personal Core Values:

Your Guide to Creating
Clarity in Your Life

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The Value of Knowing Our Personal Core Values

What is a 'Core Value'?

Basically, core values provide us with an internal reference on how our authentic self wants to feel. 'Core Values' can also be referred to as 'Core Desired Feelings'.

Okay, so let me try to explain that sentence a wee bit: our authentic self is that "center" that Lao Tsu refers to in his quote: "**At the center of your being you have the answer, you know who you are and you know what you want**"

When we strip away everything we believe we have to do or should do; when we stop participating in activities that do not bring us joy or light us up in every way possible; when we challenge our assumptions of who we should be; and when we throw away everything that does not feel good or feel right, then what we are left with is our authentic self, the "**who you are**" in Lao Tsu's quote.

Our core values are indicators that point to, or show us, who our authentic self is.

Core values are indicators of what lights **you** up and what makes **you** feel alive, fulfilled, exhilarated, on top of the world. In this sense, a specific set of core values is fairly unique to each individual although shared core values can often be found at the center of strong partnerships and relationships of all kinds. And often, the larger the number of core values that are shared, the stronger the relationship or partnership that forms.

You know you have built your life around honoring your core values when your life is easy, full of joy, and when you know that there is very little, if anything, that you would change that could possibly make your life any better than it is right now.

You can also tell fairly easily when your core values are not being honored in your life from the negative feelings that will often show up. Even individuals who have amazing lives can still feel restless and unfulfilled if any of their core values are being ignored.



Core values can be used to help you make all kinds of decisions relating to how you want to shape or design your life.

Lifestyle decisions that are impacted by personal core values can involve and affect pretty much all aspects of a your life, including, but not limited to:

- the hobbies you enjoy;
- the recreational activities you participate in;
- the job/career you work at;
- the city, country or community you live in;
- the relationships/friends/partners you interact with;
- where you go for your holidays;
- whether you thrive as an employee or as a self-employed entrepreneur;
- what company you work for;
- who your clients are

Basically every aspect of your life is influenced to a greater or lesser extent, either positively or negatively by your personal core values. Even individuals who seem to have it all, a beautiful life, an amazing career, a perfect partner, can still feel restless, easily distracted and slightly dissatisfied with their life if even one of their core values is not being honored in their life.



How Do I Find Out What My Personal Core Values Are?

Using the Personal Core Values list below as **a starting point**, take some quiet time when you can be undisturbed by other people, pets, phones, delivery people, etc., and then:

1. Relax and slowly read each of the values listed below. Identify all of the values in the list that you feel some form of positive reaction towards, the values that resonate with you, that make you feel happy, or excited. Ignore or eliminate all the values that you feel a negative reaction to, or have no reaction at all to. You will very likely end up with a list of values that is still fairly long.
2. To become more familiar with the meaning that these individual words have for you, either write-out or think of a sentence or two phrased in first person, present tense of what the value means to you, for example, I feel “Affluent” when I Many of these core values are very similar in meaning to other core values in the list, but with subtle differences in meaning that can make a huge difference in how you personally respond to the: like “Freedom” versus “Independence” – very similar in meaning but not exactly the same.
3. Group your core values into between 5 – 10 individual groups. Look for patterns in the words that you have chosen, for example, the words freedom, self-reliance, independence, are all slightly different but if they all resonate with you they could all be grouped under one word. Choose one of the values included in the group to be the group’s name. If you do not identify similar words, individual Groups can contain single core values. These are your Core Values



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- Group 2:
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- Group 3:
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- Group 4:
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- Group 5:
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- Group 6:
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- Group 7:
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- Group 8:
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- Group 9:
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- Group 10:
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- Group 11:
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- Group 12:
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My Personal Core Values Are:

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Bringing your core values into your life is as easy as:

1. select one of your core values, for example 'Freedom'
2. list 5 activities or experiences that will make you feel your core value, for example the feeling of freedom could come from spending one hour a week doing something just for you (taking a walk, reading a book, visiting an art gallery, sketching a flower...)
3. do 3 things this week that generate this feeling.
4. repeat this exercise for each of your core values.

A Few Ways to Use Core Values to Help You Create Your Awesome Life:

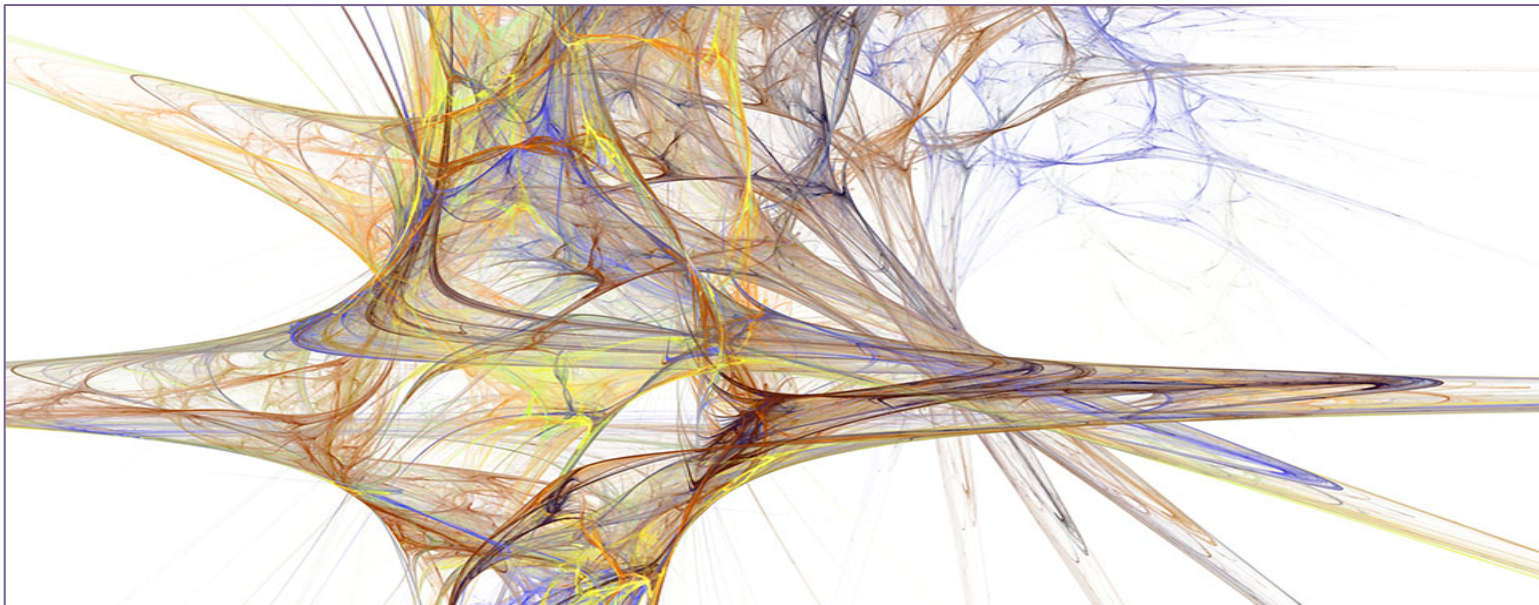
1. if you are looking for a new career or a profession to develop a business around, look for jobs or professions that also contain your personal core values – for example, if you are interested in becoming a nurse core values like empathy, self-confidence, commitment, would enhance your experience as a nurse.
2. if you are thinking about becoming self-employed then you might want to explore what core values like freedom/independence, commitment, self-reliance, resilience mean to you and determine whether they are part of your Personal Core Values.
3. if you are looking for a new community, or city, or county to move to, exploring how well the new culture or personality of the area you are thinking of moving to matches your personal core values.
4. hobbies and recreational activities that share your core values will be far more engaging and enjoyable than ones that do not. Is “competitive” one of your core values? Or is “Adventure”? Or is ‘Dexterity’?



Knowing Your Personal Core Values Gives You **Clarity**

One of the greatest gifts, if not the greatest gift of knowing and fully understanding your Personal Core Values is **Clarity**.

Clarity, in understanding exactly who you are and what you want in your life, in your business, in your relationships, and in your partnerships, gives you the focus, the opportunity, and the ability to **Be Awesome!!**



Personal Core Values List

Abundance	Acceptance	Accessibility	Accomplishment
Accountability	Accuracy	Achievement	Acknowledgment
Active	Adaptability	Adoration	Adroit
Advancement	Adventure	Affectionate	Affluence
Aggressiveness	Agility	Alert	Alive
Altruism	Alluring	Amazing	Ambition
Amorous	Amusement	Anticipation	Appreciation
Approachability	Articulate	Assertive	Assurance
At Ease	Attentive	Attractive	Audacity
Authenticity	Availability	Aware	Awe
Awesome			
Balance	Beauty	Being the best	Belonging
Benevolence	Blessed	Bliss	Bold
Boldness	Boundless	Bravery	Bright
Brilliance	Buoyancy		



Calm
Careful
Certainty
Chastity
Cleanliness
Comfort
Competence
Confident
Conscious
Continuity
Conviviality
Correctness
Crafty
Cunning

Camaraderie
Celebrity
Challenge
Cheerful
Clear minded
Commitment
Completion
Conformity
Considerate
Contribution
Coolness
Courage
Create
Curious

Candor
Celebration
Charity
Cherishing
Clever
Compassion
Composure
Congruency
Consistency
Control
Cooperation
Cozy
Creativity
Curiosity

Capable
Centered
Charm
Clarity
Close
Competitive
Concentration
Connected
Content
Conviction
Cordiality
Courtesy
Credibility
Current

Daring
Delight
Desire
Devoted
Dignity
Discovery
Dreaming

Decisive
Delighted
Desired
Devotion
Diligence
Discretion
Drive

Decorum
Dependability
Determined
Devout
Direct
Diversity
Duty

Deference
Depth
Determination
Dexterity
Discipline
Dominance
Dynamic



Eager
Economical
Efficiency
Emboldened
Enamored
Enjoyment
Enthusiastic
Excitement
Expectancy
Exploration
Extroversion

Earnest
Ecstasy
Effectual
Empathy
Encouraged
Enlightened
Equanimity
Excited
Expediency
Expressive
Exuberance

Easy
Educated
Elated
Empowered
Endurance
Entertaining
Environment
Exciting
Experience
Exquisite

Ebullient
Effective
Elegant
Empowering
Energized
Enthusiasm
Excellence
Exhilaration
Expertise
Extravagance

Fabulous
Family
Fashion
Festive
Firm
Flow
Fortitude
Freedom
Frugality

Fair
Fantastic
Fearless
Fidelity
Fit
Fluency
Fortunate
Fresh
Full

Faith
Fascination
Feminine
Fierce
Fix
Focused
Frank
Friendly
Fulfilled

Fame
Fascinating
Ferocity
Financial independence
Flexibility
Forgive
Free
Friendliness
Fun



Gallantry
Genuine
Grace
Gratitude
Guidance

Generous
Giving
Graceful
Gregarious
Guided

Gentle
Glad
Gracious
Grounded

Gentility
Glamorous
Grateful
Growth

Happy
Health
Held
Holistic
Hope
Humor

Happiness
Healthy
Helpful
Homey
Hopeful
Hygiene

Harmony
Healed
Heroism
Honesty
Hospitality

Harmonious
Heart
Holiness
Honor
Humility

Imagination
Independence
Innovative
Inspiration
Intensity
Intrigued
Inventive

Impact
Industry
Inquisitive
Integrity
Intent
Introversion
Investing

Impartiality
Influence
Insightful
Intelligence
Intimacy
Intuition
Invigorated

Important
Ingenuity
Inspired
Interested
Intrepid
Intuitive
Invigorating



Joy	Jubilant	Judicious	Justice
Keen	Kind	Knowledge	
Leadership	Learning	Liberated	Liberation
Liberty	Light	Lit up	Limitless
Lively	Logic	Longevity	Love
Loving	Loyalty	Luminous	
Magical	Majesty	Making a difference	Masculine
Mastery	Maturity	Meek	Mellow
Meticulous	Mindful	Modesty	Momentum
Motivation	Mysterious		
Natural	Neat	Nerve	New
Obedience	Oneness	Open minded	Open
Open hearted	Optimistic	Optimism	Opulent
Order	Organization	Originality	Outlandish
Outrageous	Overjoyed		



Passion
Perceptive
Persistence
Play
Poise
Popularity
Pragmatism
Privacy
Power
Prospering
Purposeful

Passionate
Perfection
Persuasive
Playful
Polish
Potency
Precision
Proactive
Powerful
Proud
Punctuality

Peace
Perkiness
Philanthropy
Pleasant
Positive
Power
Preparedness
Professionalism
Prosperous
Prudence
Purity

Peaceful
Perseverance
Piety
Pleasure
Positivity
Practicality
Presence
Prosperity
Prosperity
Purpose

Quality

Quiet

Ready
Receptive
Reflection
Reliable
Resolute
Responsibility
Results
Rigor

Realism
Recognition
Regal
Religious
Resolve
Rest
Reverence
Romantic

Reason
Recreation
Relaxation
Resilience
Resourceful
Rested
Rich
Rooted

Reasonable
Refinement
Relaxed
Resilient
Respect
Restraint
Righteous



Sacred
Saintliness
Secure
Selfless
Sensuality
Service
Sharing
Silly
Solid
Soundness
Spirituality
Stability
Strategy
Success
Supported
Sweet

Sacrifice
Sanguinity
Security
Self reliance
Serene
Settled
Shrewd
Simplicity
Solidarity
Speed
Spontaneous
Status
Strength
Superiority
Supremacy
Sympathy

Safe
Satisfaction
Seen
Sensitivity
Serenity
Sexy
Significant
Sincerity
Solitude
Spirit
Spontaneity
Stealth
Strong
Support
Sure
Synergy

Sagacity
Satisfied
Self control
Sensuous
Serve
Sexuality
Silence
Skillful
Solve
Spirited
Spunk
Stillness
Structure
Supportive
Surprise
Systematize

Teamwork
Tender
Thrift
Touched
Transcendence

Temperance
Thankful
Thrilled
Traditional
Treasuring

Tenacity
Thorough
Tidy
Traditionalism
Trust

Tenacious
Thoughtful
Timely
Tranquility
Truth



Understanding
United
Urgency

Understood
Unified
Useful

Unflappability
Unity
Utility

Uniqueness
Unique

Valor
Vibrant
Vision
Vivacious

Value
Victory
Vital
Vulnerable

Valuable
Vigor
Vitality

Variety
Virtue
Vivacity

Warm
Wealthy
Willful
Witty

Warmth
Wellness
Willing
Wonder

Watchful
Whole
Winning
Wondrous

Wealth
Wholesome
Wisdom
Wonderful

Youthfulness

Zeal



This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Core Values Resources:

Danielle LaPorte: <http://www.daniellelaporte.com/thedesiremap/>

- refers to Personal Core Values as Core Desired Feelings
- Danielle's book ***The Firestarter Sessions*** has an amazing chapter on Core Values

Jeannette Maw: http://www.goodvibeuniversity.com/members/Core_Values_the_What_Why__How.cfm

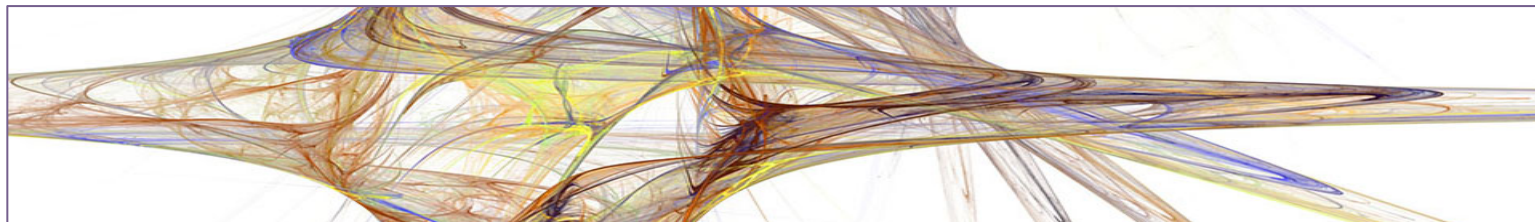
- if you do not know Jeannette Maw and her Good Vibe University, this audio will provide an excellent introduction
- there is a small fee to use this website, \$1 for your first month's access to the masses of information here

Core Values Institute: <http://corevaluesinstitute.ca/index.html>

Anne Bolender, The Clarity and Creativity Coach

<http://www.annebolender.com>

- come and visit my website for more information, tips and techniques how to gain clarity and then engage your creative intelligence to be awesome
- one-on-one coaching sessions are available to help you bring this information into ***your*** life and to help you design your most awesome life.



Anne Bolender, Clarity and Creativity Strategist

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