

Personal Core Values Guide and Workbook

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# The Value of Knowing Your 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 Tzu 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 Tzu'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 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 Discover 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 – 8 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 that resonates most deeply with you and use this word 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.



Group 1: \_\_\_\_\_

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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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My Personal Core Values Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



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 Examples of How to Use Your Core Values to Help You Create What You Crave:

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, or 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 – is there an arts community, business incubators, large presence of religious buildings or pubs, a University or College?
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 create what you crave in your life!!

Core Values define what you can't not do in life. If courage is one of your Core Values, then you can't not be courageous. You become more uncomfortable by not being courageous than you are by being courageous, despite the possibility of failing, of being vulnerable, etc.

The same holds true for every Core Value – you are more uncomfortable, more stressed and agitated, when you are not living your Core Values



## Personal Core Values List

Abundance  
Accountable  
Active  
Advancement  
Aggressive  
Altruistic  
Amorous  
Approachable  
At Ease  
Authentic  
Awesome

Acceptance  
Accurate  
Adaptable  
Adventure  
Agile  
Alluring  
Amused  
Articulate  
Attentive  
Available

Accessible  
Achievement  
Adored  
Affectionate  
Alert  
Amazing  
Anticipation  
Assertive  
Attractive  
Aware

Accomplished  
Acknowledged  
Adroit  
Affluence  
Alive  
Ambitious  
Appreciation  
Assured  
Audacity  
Awe

Balance  
Benevolence  
Boldness  
Brilliance

Beauty  
Blessed  
Boundless  
Buoyancy

Being the best  
Bliss  
Bravery

Belonging  
Bold  
Bright



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

Camaraderie  
Celebrity  
Challenge  
Cheerful  
Clear minded  
Commitment  
Completion  
Conformity  
Considerate  
Contribution  
Coolness  
Courage  
Creative  
Curiosity

Candor  
Celebration  
Charity  
Cherishing  
Clever  
Compassion  
Composure  
Congruency  
Consistency  
Control  
Cooperation  
Cozy  
Credibility  
Current

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

Daring  
Delight  
Desire  
Devoted  
Dignity  
Discovery  
Dreaming

Decisive  
Delighted  
Desired  
Devotion  
Diligence  
Discretion  
Drive

Decorum  
Dependability  
Determined  
Devout  
Direct  
Diversity  
Duty

Deference  
Depth  
  
Dexterity  
Discipline  
Dominance  
Dynamic





Eager  
Economical  
Efficient  
Emboldened  
Enamored  
Enjoyment  
Enthusiastic  
Excitement  
Expectancy  
Exploration  
Extroversion

Earnest  
Ecstatic  
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  
Forgiving  
Free  
Friendliness  
Fun



Gallant  
Giving  
Gracious  
Grounded

Generous  
Glad  
Grateful  
Growth

Gentle  
Glamorous  
Gratitude  
Guided

Genuine  
Graceful  
Gregarious

Happy  
Heart  
Holistic  
Hopeful

Harmonious  
Helpful  
Homey  
Hospitable

Healthy  
Heroic  
Honest  
Humility

Healed  
Holiness  
Honor  
Humor

Imagination  
Independent  
Innovative  
Inspiration  
Intensity  
Intrigued  
Investing

Impact  
Industrious  
Inquisitive  
Integrity  
Intent  
Introvert  
Invigorated

Impartial  
Influence  
Insightful  
Intelligence  
Intimacy  
Intuitive  
Invigorating

Important  
Ingenuity  
Inspired  
Interested  
Intrepid  
Inventive

Joy

Jubilant

Judicious

Justice

Keen

Kind

Knowledge



Leadership  
Lit up  
Longevity

Learning  
Limitless  
Loving

Liberated  
Lively  
Loyal

Light  
Logical  
Luminous

Magical  
Mastery  
Meticulous  
Motivation

Majesty  
Maturity  
Mindful  
Mysterious

Making a difference  
Meek  
Modest

Masculine  
Mellow  
Momentum

Natural

Neat

Nerve

New

Obedience  
Open hearted  
Order  
Outrageous

Oneness  
Optimistic  
Organization  
Overjoyed

Open minded  
Optimism  
Originality

Open  
Opulent  
Outlandish

Passion  
Perceptive  
Persistence  
Play  
Poise  
Popularity

Passionate  
Perfection  
Persuasive  
Playful  
Polish  
Potency

Peace  
Perkiness  
Philanthropy  
Pleasant  
Positive  
Power

Peaceful  
Perseverance  
Piety  
Pleasure  
Positivity  
Powerful



Practical  
Presence  
Prosperous  
Purposeful

Quality

Ready  
Refined  
Religious  
Respect  
Results  
Rigor

Sacred  
Saintliness  
Secure  
Selfless  
Sensuality  
Service  
Sharing  
Silly

Pragmatic  
Private  
Proud  
Punctual

Quiet

Realism  
Regal  
Resilient  
Responsibility  
Reverence  
Romantic

Sacrifice  
Sanguinity  
Security  
Self reliance  
Serene  
Settled  
Shrewd  
Simplicity

Precise  
Proactive  
Prudence  
Purity

Reasonable  
Relaxed  
Resolute  
Rested  
Rich  
Rooted

Safe  
Satisfaction  
Seen  
Sensitivity  
Serenity  
Sexy  
Significant  
Sincerity

Prepared  
Professional  
Purpose

Receptive  
Reliable  
Resourceful  
Restraint  
Righteous

Sagacity  
Satisfied  
Self control  
Sensuous  
Serve  
Sexuality  
Silence  
Skillful



|               |             |                |             |
|---------------|-------------|----------------|-------------|
| Solid         | Solidarity  | Solitude       | Solve       |
| Soundness     | Speed       | Spirit         | Spirited    |
| Spirituality  | Spontaneous | Spontaneity    | Spunk       |
| Stability     | Status      | Stealth        | Stillness   |
| Strategy      | Strength    | Strong         | Structure   |
| Success       | Superiority | Support        | Supportive  |
| Supported     | Supremacy   | Sure           | Surprise    |
| Sweet         | Sympathy    | Synergy        | Systematize |
| Teamwork      | Temperance  | Tenacity       | Tenacious   |
| Tender        | Thankful    | Thorough       | Thoughtful  |
| Thrift        | Thrilled    | Tidy           | Timely      |
| Touched       | Traditional | Traditionalism | Tranquility |
| Transcendence | Treasuring  | Trust          | Truth       |
| Understanding | Understood  | Unflappability | Uniqueness  |
| United        | Unified     | Unity          | Unique      |
| Urgency       | Useful      | Utility        |             |
| Valor         | Value       | Valuable       | Variety     |
| Vibrant       | Victory     | Vigor          | Virtue      |
| Vision        | Vital       | Vitality       | Vivacity    |
| Vivacious     | Vulnerable  |                |             |



Warm  
Wealthy  
Willful  
Witty

Warmth  
Wellness  
Willing  
Wonder

Watchful  
Whole  
Winning  
Wondrous

Wealth  
Wholesome  
Wisdom  
Wonderful

Youthfulness

Zeal





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One of the greatest gifts, if not the greatest gift that comes from 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, in your health, in your financial independence, in your prosperity and abundance!

This level of **Clarity** gives you the focus, the belief, the opportunity, the ability, and the confidence to create a solid foundation on which you can build an exciting new lifestyle or a creative new business.

**Clarity first, then build!!**





## Thank You

Thank you for reading this book. I hope you find the information contained here to be useful as you create the lifestyle or business you crave.

Sometimes, finding our way successfully through a workbook like this one, can be somewhat confusing, or maybe a wee bit overwhelming.

Despite our best intentions, we become lost in trying to figure out how to apply what we've learned to our own unique lives. I've been there. Sometimes all it takes is a quick conversation, or an answer to a specific question that you have in order to start moving forward again.

With this in mind I have created three options for you, should you ever desire connecting with me.

First off there is my newsletter, where I offer weekly pep talks, the occasional Tarot Reading for my readers, information on specific life coaching tools and techniques - to help keep you motivated as you create what you crave in your life. You can easily subscribe to my [Monday Morning Magic Newsletter](https://www.annebolender.com/clarity-newsletter/), which is located online at <https://www.annebolender.com/clarity-newsletter/>



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The second option is for anyone who is interested in more of an interactive connection. I can be found hanging out on Facebook, answering questions, creating motivational challenges, and sharing experiences at The Adventurous Woman's Club

<https://www.facebook.com/groups/theadventurouswomansclub/>

I can also be found on Facebook at <https://www.facebook.com/anne.bolender/>

The third option is for anyone who is interested in receiving coaching or mentoring from me. I am available for either one-on-one coaching sessions, or to take you through the steps outlined in this book and help you apply these changes directly to your life. More information on my coaching services and programs can be found at <https://www.annebolender.com/>

I love hearing from you. If you have something you would like to share or a question you would like to ask, you can email me directly at anne@annebolender.com

May your life be filled with ease and abundance!

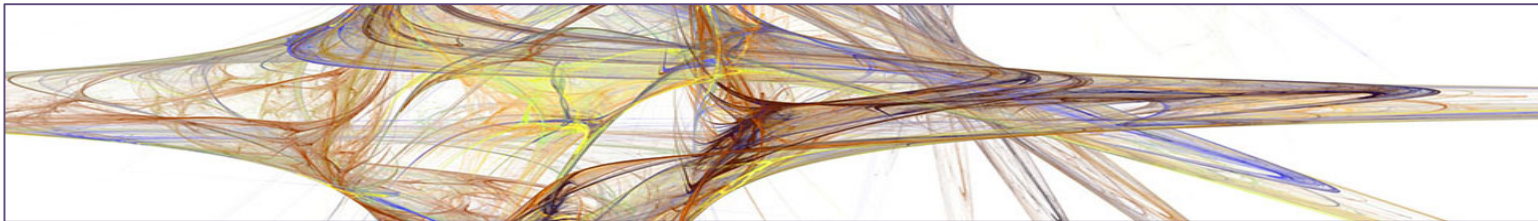
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*"Figure out who you are and do it on purpose!"*

Dolly Parton



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