

Core values (part of unit 7)

In unit 7 we talk about your identity and beliefs, what you want to achieve in your life, who you want to be, and what is important to you.

To figure all of this out, it might be helpful to explore what your core values are. Core values are the things that you have decided are the most important in your life. If you live your life in alignment with what is most important to you, your life will feel more meaningful, and it will be easier to make decisions.

Most people will deem certain values very important, like 'love', 'kindness', or 'honesty'. But that doesn't necessarily mean that these values are your core values.

With this exercise, you can find out what your core values are.

Disclaimer: if you spent years in survival mode, it might be hard to recognise your core values. That is OK. Everyone is on their own timeline. You can do this exercise if it feels good and relevant to you, otherwise just don't do it, or come back to it at a later point in your journey.

Exercise

Below you will find a list of 230 core values.

1. Write down 10-15 values of the list below that resonate with you.
2. Reflect on important experiences that have shaped your life. What did they teach you? If you were looking for some kind of experience (for example, you decided to take a gap year or change jobs), what was it that you were looking for? What feeling did you want to achieve?
3. If you picture yourself when you're 50 years old, what do you want a normal weekday to look and feel like?
4. Cross off values until you're left with 5.
5. Now Litmus test these with the following questions:
 - Would you give up one of these values if you could exchange it for money worth a ten-year salary put in your bank account right now?
 - Have you ever lost these values in times of stress?
6. If your answer is no to both, then the 5 values you chose are likely your core values!

Acceptance
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Alertness
Altruism
Ambition
Amusement

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PANIC ATTACKS

Assertiveness
Attentive
Awareness
Balance
Beauty
Boldness
Bravery
Brilliance
Calm
Candor
Capable
Careful
Certainty
Challenge
Charity
Cleanliness
Clear
Clever
Comfort
Commitment
Common sense
Communication
Community
Compassion
Competence
Concentration
Condence
Connection
Consciousness
Consistency
Contentment
Contribution
Control
Conviction
Cooperation
Courage
Courtesy
Creation
Creativity
Credibility
Curiosity
Decisive
Decisiveness
Dedication
Dependability
Determination
Development
Devotion

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PANIC ATTACKS

Dignity
Discipline
Discovery
Drive
Effectiveness
Efficiency
Empathy
Empower
Endurance
Energy
Enjoyment
Enthusiasm
Equality
Ethical
Excellence
Experience
Exploration
Expressive
Fairness
Family
Famous
Fearless
Feelings
Ferocious
Fidelity
Focus
Foresight
Fortitude
Freedom
Friendship
Fun
Generosity
Genius
Giving
Goodness
Grace
Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Honesty
Honor
Hope
Humility
Imagination

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PANIC ATTACKS

Improvement
Independence
Individuality
Innovation
Inquisitive
Insightful
Inspiring
Integrity
Intelligence
Intensity
Intuitive
Irreverent
Joy
Justice
Kindness
Knowledge
Lawful
Leadership
Learning
Liberty
Logic
Love
Loyalty
Mastery
Maturity
Meaning
Moderation
Motivation
Openness
Optimism
Order
Organization
Originality
Passion
Patience
Peace
Performance
Persistence
Playfulness
Poise
Potential
Power
Present
Productivity
Professionalism
Prosperity
Purpose
Quality

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PANIC ATTACKS

Realistic
Reason
Recognition
Recreation
Reective
Respect
Responsibility
Restraint
Results-oriented
Reverence
Rigor
Risk
Satisfaction
Security
Self-reliance
Seless
Sensitivity
Serenity
Service
Sharing
Signicance
Silence
Simplicity
Sincerity
Skill
Skillfulness
Smart
Solitude
Spirit
Spirituality
Spontaneous
Stability
Status
Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Talent
Teamwork
Temperance
Thankful
Thorough
Thoughtful
Timeliness
Tolerance

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PANIC ATTACKS

Toughness
Traditional
Tranquility
Transparency
Trust
Trustworthy
Truth
Understanding
Uniqueness
Unity
Valor
Victory
Vigor
Vision
Vitality
Wealth
Welcoming
Winning
Wisdom
Wonder