



# Gray Bear Coaching, LLC

## Identifying your personal values

Circle all the words that resonate with you as your personal values. If a word comes to you that's not on this list, add it! Take your time and consider if these are truly *your* values or if they are values that society or other people tell you *should* be important to you. To narrow it down, ask yourself:

- How do these values define me?
- Is this who I am at my best?
- How do my actions reflect these values?
- Are these values a filter I use to make hard decisions?

After circling all the words that resonate most with you, on the next page write down only the ten most important. These should be the ten that are most important to *you* in how you live your life.

Accountability	Creativity	Growth	Learning	Self-expression
Achievement	Culture	Happiness	Love	Self-respect
Adventure	Curiosity	Hard work	Loyalty	Social recognition
Ambition	Education	Health	Modesty	Spirituality
Appearance	Effectiveness	Helping others	Money	Status
Approval	Energy	Honesty	Motivation	Success
Authenticity	Environment	Humbleness	Nature	Superiority
Authority	Equality	Humor	Open-mindedness	Talent
Awareness	Excellence	Improving society	Persistence	Teaching
Balance	Expertise	Individualism	Personal development	Team work
Belonging	Fairness	Inner peace	Relationships	Tolerance
Career	Family	Integrity	Reputation	Tranquility
Children	Focus	Intelligence	Respect	Trust
Collaboration	Freedom	Joy	Responsibility	Truthfulness
Conformity	Fulfillment	Kindness	Risk taking	Wealth
Contribution	Fun	Leadership	Security	Well-Being



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Write the 10 most important words you circled on the previous page below:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_

7. \_\_\_\_\_ 8. \_\_\_\_\_

9. \_\_\_\_\_ 10. \_\_\_\_\_

Now, in the ten you wrote above, cross out five of them, keeping your most important five. Take your time to think through each of these. It can be very difficult to drop words from your list at this point because you've already said these are all important to you. Think about tough situations when you might be forced to choose between two of these important values. Which one feels more "right" when conflicting with the others? Which will you honor the most in difficult decisions?

Now that you've cut it down to five core values, pick the three most important and write them below. If you can only get down to four, try harder. The whole point of this exercise is for you to think deeply about those values you hold deeper than any others, the values at the core of your identity and upon which you wish to live your life.

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My Core Values