



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.

My Core Values