



Finding Your Core Values

You are already living your core values in the activities that bring you joy and happiness, and those that feel important to you. So we can uncover those core values by going through the following process.

1. What do you love to do? What activities bring you joy and happiness? For each activity, ask:
What's important to you about that?

There are also a few different ways to uncover your values.

2. Getting a different perspective.
 - Who inspires you? What is it about that person that inspires you?

3. Vision/Audio boarding -- what are you naturally drawn to? Access your dreamer "what if?" state. What would your ideal life look like in pictures and words? What do you see and feel in your ideal life?

Once done, look at the images and words and wonder: "What's important to me about that? And what's important about that?"

1. Make a list of your top 10 values from the exercise above. You might also brainstorm what other values you want to have on this list that are not there yet.
2. Starting with the top 2, which one is more important? (If you had to go without one of them, which one would you give up?)
3. Give the one that's most important 1 point.
4. Take the most important value and compare it to the next value on the list: which one is more important? If it's the "next value", it will get all the points of that other value +1
5. Continue down the list with the most important value and compare.



6. Once you've got through the list the first time, you have your highest value.
Then you start at the top again and go through the same process.