

# Identifying Personal Core Values

Core values are governing principles that help you make rational decisions consistently. If you compromise any of your core values you will find it becomes easy to disregard your entire values system. Therefore, you should only deviate from your values system if you have identified that one of the values is no longer applicable or needs to be altered.

## **Step One**

The first step in identifying your core values is defining your identity; including your strengths, weaknesses, preferences and long-term ambitions. When you understand who you are and where you are going it is easier to identify the governing principles that will help you reach your destination. A person with nothing to achieve is certain to achieve it.

In taking this first step of defining your identity, answer the following questions:

- What are my most redeeming qualities?
- What are my weaknesses?
- What am I doing to network and build alliances?
- What do I enjoy most?
- How can I shape my career goals around what I enjoy?
- What is one accomplishment I must make in my life?
- How could I correct or compensate for my weaknesses to ensure accomplishment of my long-term goals?

## **Step Two**

The second step in identifying your core values is defining your destiny. Your destiny will be determined by daily choices and the long-term goals you set. Once you have identified the one accomplishment you most want to make, you need to start mapping a life plan that will get you there. Answering the following questions is a good start:

- What previous experiences or education will help me arrive at my desired destination?
- How can my current academic situation help to lead me to my desired destination?
- What will my life look like when I have arrived at my destination?
- Who can assist me on my journey?
- What kind of people will I spend time with when I have arrived?
- How will I know when I've arrived?

## **The Final Step**

The final step is to define the values that will help you make the right decisions along the journey. When we have solid core values that govern our decision making; we become more judicial. As a result, we are able to align our values and actions in times of crisis and change; giving us an edge over most other people.

Answer the following questions as you begin considering your personal core values:

- What are my moral absolutes?
- How do I define right from wrong?
- How would I define ethics as it relates to work?
- What values will help me build strong relationships?

## **Assignment:**

Work through the assigned materials and create statements of your top 5 personal values. Use the above format as a model for your completed statements.

## **Identifying Personal Core Values**

Use this worksheet to write answers to the questions that are found on page 1.

### **Step One**

- (1) What are my most redeeming qualities?
- (2) What are my weaknesses?
- (3) What am I doing to network and build alliances?
- (4) What do I enjoy most?
- (5) How can I shape my career goals around what I enjoy?
- (6) What is one accomplishment I must make in my life?
- (7) How could I correct or compensate for my weaknesses to ensure accomplishment of my long-term goals?
- (8) How does my faith shape my sense of identity?

## **Step Two**

- (1) What previous experiences or education will help me arrive at my desired destination?
- (2) How can my present job situation serve as a steppingstone toward my destination?
- (3) What will a perfect day look like when I have arrived at my destination?
- (4) Who might assist me on my journey?
- (5) What kind of people will I spend time with when I have arrived?
- (6) In five or less sentences; how will I know when I've arrived?
- (7) How does my faith shape my destiny?

## **Step Three**

- (1) What are my moral absolutes?
- (2) How do I define right from wrong?
- (3) How would I define my work ethics?
- (4) What values will help me build strong relationships?

# Personal Values Questionnaire

The following is a list (obviously not inclusive) of items often identified as personal values. You may add items if your values are not listed.

Rating system:

1 = very important; 2 = important; 3 = somewhat important;  
4 = not important; 5 = definitely not important

- |                                   |   |   |   |   |   |
|-----------------------------------|---|---|---|---|---|
| 1. Fairness                       | 1 | 2 | 3 | 4 | 5 |
| 2. Honesty                        | 1 | 2 | 3 | 4 | 5 |
| 3. Tolerance                      | 1 | 2 | 3 | 4 | 5 |
| 4. Courage                        | 1 | 2 | 3 | 4 | 5 |
| 5. Integrity                      | 1 | 2 | 3 | 4 | 5 |
| 6. Forgiveness                    | 1 | 2 | 3 | 4 | 5 |
| 7. Peace                          | 1 | 2 | 3 | 4 | 5 |
| 8. Environment                    | 1 | 2 | 3 | 4 | 5 |
| 9. Challenge                      | 1 | 2 | 3 | 4 | 5 |
| 10. Self-Acceptance, Self-Respect | 1 | 2 | 3 | 4 | 5 |
| 11. Knowledge                     | 1 | 2 | 3 | 4 | 5 |
| 12. Adventure                     | 1 | 2 | 3 | 4 | 5 |
| 13. Creativity                    | 1 | 2 | 3 | 4 | 5 |
| 14. Personal Growth               | 1 | 2 | 3 | 4 | 5 |
| 15. Inner Harmony                 | 1 | 2 | 3 | 4 | 5 |
| 16. Spiritual Growth              | 1 | 2 | 3 | 4 | 5 |
| 17. Belonging, Connected          | 1 | 2 | 3 | 4 | 5 |
| 18. Diplomacy                     | 1 | 2 | 3 | 4 | 5 |
| 19. Teamwork                      | 1 | 2 | 3 | 4 | 5 |
| 20. Helping                       | 1 | 2 | 3 | 4 | 5 |
| 21. Communication                 | 1 | 2 | 3 | 4 | 5 |
| 22. Friendship                    | 1 | 2 | 3 | 4 | 5 |
| 23. Consensus                     | 1 | 2 | 3 | 4 | 5 |
| 24. Respectfulness                | 1 | 2 | 3 | 4 | 5 |
| 25. Tradition                     | 1 | 2 | 3 | 4 | 5 |

26. Security	1	2	3	4	5
27. Stability	1	2	3	4	5
28. Neatness	1	2	3	4	5
29. Self-control	1	2	3	4	5
30. Perseverance	1	2	3	4	5
31. Rationality	1	2	3	4	5
32. Health	1	2	3	4	5
33. Pleasure, Play	1	2	3	4	5
34. Excellence	1	2	3	4	5
35. Prosperity	1	2	3	4	5
36. Family	1	2	3	4	5
37. Appearance	1	2	3	4	5
38. Intimacy	1	2	3	4	5
39. Beauty, Good looks	1	2	3	4	5
40. Community	1	2	3	4	5
41. Competence	1	2	3	4	5
42. Achievement	1	2	3	4	5
43. God	1	2	3	4	5
44. Intellectual Status	1	2	3	4	5
45. Recognition	1	2	3	4	5
46. Authority	1	2	3	4	5
47. Power	1	2	3	4	5
48. Competition	1	2	3	4	5
49. College degree	1	2	3	4	5
50. Persistence	1	2	3	4	5

Please review your work and select the items that represent your personal core values –five items.

- 1.
- 2.
- 3.
- 4.
- 5.