

# Name Your Core Values

1. You can do both of the following or choose one:

- Use a list of values (they abound on the internet, and I've provided at least one): circle all that feel meaningful to you.
- Generate your own list of personally meaningful values. The following questions from Scott Jeffrey can help ([source](#)). [This article](#) offers more ideas to guide your exploration.

## Peak Experiences

Consider a meaningful moment—a peak experience that stands out: What was happening to you? What was going on? What values were you honoring at this time?

## Suppressed Values

Now, go in the opposite direction; consider a time when you got angry, frustrated, or upset: What was going on? What were you feeling? Now flip those feelings around. What value is being suppressed?

## Code of Conduct

What's most important in your life? Beyond your basic human needs, what must you have in your life to experience fulfillment? What are the personal values you must honor or a part of you withers?

2. At this point, your list of values will likely be long. To start whittling the list down, look for patterns/similarities and group words together under headings (no more than 5) that help create a picture of who and how you want to be in the world.

For example, if you circled the words health, self-development, serenity, and joy. You may notice that these could all fall under the heading "mind-body health" or "befriend myself" which is ultimately what you're seeking.

You may need to take a few runs through this to get it just right.

Once you've grouped words into headings, circle the one word in each category that stands out to you. Or select the 5-10 terms that best describe what seems most important to you in your life. Keep whittling your list until you narrow it down to 5 values.

3. Write out your 5 core values in order of priority. Which are top 2 in your current season of life? Knowing this will help you make decisions and set goals or intentions for the year.

Walk these out for a few weeks – try them on for size - and notice if they feel true or if edits are needed. Sometimes it's a slightly different word choice that is required. Once you hit upon your core values, they will remain fairly stable over the years to come.