

1. Determine Your Core Values

From the list below, choose and highlight every core value that resonates most with you.

Abundance	Dedication	Kindness	Resourcefulness
Acceptance	Dependability	Knowledge	Responsibility
Accountability	Diversity	Leadership	Responsiveness
Achievement	Empathy	Learning	Risk Taking
Adventure	Encouragement	Love	Safety
Advocacy	Enthusiasm	Loyalty	Security
Ambition	Ethics	Making a	Self-Control
Appreciation	Excellence	Difference	Selflessness
Attractiveness	Expressiveness	Mindfulness	Service
Autonomy	Fairness	Motivation	Simplicity
Balance	Family	Optimism	Spirituality
Being the	Flexibility	Open-Mindedness	Stability
Best	Friendships		Success
Benevolence	Freedom	Originality	Teamwork
Boldness	Fun	Passion	Thankfulness
Brilliance	Generosity	Performance	Thoughtfulness
Calmness	Grace	Personal	Traditionalism
Caring	Growth	Development	Trustworthiness
Challenge	Happiness	Peace	Understanding
Charity	Health	Perfection	Uniqueness
Cheerfulness	Honesty	Playfulness	Usefulness
Cleverness	Humility	Popularity	Versatility
Collaboration	Humor	Power	Vision
Community	Inclusiveness	Preparedness	Warmth
Commitment	Independence	Proactivity	Wealth
Compassion	Individuality	Proactive	Well-Being
Consistency	Innovation	Professionalism	Wisdom
Contribution	Inspiration	Punctuality	Zeal
Cooperation	Intelligence	Quality	
Creativity	Intuition	Recognition	
Credibility	Joy	Relationships	
Curiosity		Reliability	
Daring		Resilience	
Decisiveness			

2. Group All Similar Values Together from the List You Just Highlighted

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

3. Choose One Word Within Each Group that Represents the Label for the Entire Group / Resonates Most True to You

Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

4. Add a Verb to Each Value Label

Add a verb to each value so you can see what it looks like as an actionable core value. For example:

Live in freedom.

Seek opportunities for making a difference.

Act with mindfulness.

Promote well-being.

Multiply happiness.

This will guide you in the actions you need to take to feel like you are truly living on purpose.