

## Discovering Your Foundational Core Values™

Values are guiding principles that everyone has and utilizes to make their daily decisions. No one disagrees with values, nor do they mind when someone uses them to interact.

Your core values are the 20-40 values you've used throughout your life, and have learned to trust. They become the "how" you believe people should act, and are the silent resources that run in the background of your mind.

Foundational Core Values™ are the core values that are the most important to you. They are so trustworthy you can use them as your first filter for all decision making. These are the core values that are so important, when you violate them it creates internal chaos in your life.

When asked, most people have difficulty identifying what their Foundational Core Values™ are. By identifying them, you give them a voice. When you utilize them daily you decrease stress, and increase the opportunity of greater life satisfaction and success by aligning your Foundational Core Values™ with your daily activity.

To help you identify your Foundational Core Values™ we have supplied a list of 180+ individual values. By the end of the exercise the goal is to have four to five Foundational Core Values™ that you can use to assess any situation. If opportunities arise that conflict with your Foundational Core Values™ you will know to say no and walk away. If the opportunity doesn't conflict with your Foundational Core Values™, then you are free to move forward exploring that option.

Your Foundational Core Values™ will become your first filter for all decisions making. By knowing them and using them daily you will increase your chances of success by staying on the best paths you have chosen for yourself.

### **Exercise (Part 1):**

*Go through the list below and circle the values that resonate with you. Don't worry about how many you circle, just circle the ones that make you think, "This value is important to me" and "This value can help me make great decisions on a daily basis." It may also be helpful to ask yourself, "Which of these values creates anxiety or anger when I see them violated?"*

*If there is a value that is important to you that is not on the list, write it down and circle it in the space provided at the end of the list.*

### **Exercise (Part 2):**

*Write a new list that includes only the values you circled or added. Review the list at least twice a day for 2 days. On the third day circle the values that stand out the most, or are the most important to you.*

### **Exercise (part 3):**

*Write the new shorter list of values you have circled from your list in Exercise 2. Continue to do this until you have reduced your list to four to five. This will give you your Foundational Core Values.™*

This assessment should take you about 2 weeks to complete. This is intentional, so that emotionalism doesn't play a part in your selection.

Affluence	Boldness	Faith
Prosperity	Conviction	Love
Plenty	Spirituality	Piety
Accessibility	Courage	Warmth
Effectiveness	Decisiveness	Curiosity
Approachability	Dominance	Gallantry
Commitment	Craftiness	Wonder
Availability	Ferocity	Altruism
Cooperation	Fortitude	Compassion
Diversity	Independence	Encouragement
Helpfulness	Industry	Gratitude
Acceptance	Meticulousness	Kindness
Hospitality	Organization	Love
Openness	Self-Reliance	Service
Respect	Adaptability	Impartiality
Thriving	Thoughtfulness	Dependability
Restraint	Concentration	Teamwork
Tolerance	Awareness	Calmness
Accomplishment	Balance	Thankfulness
Ambition	Support	Wisdom
Capability	Consistency	Cheerfulness
Competency	Diligence	Perseverance
Desire	Endurance	Cordiality
Achievement	Discipline	Empathy
Determination	Flexibility	Accuracy
Eagerness	Humility	Friendliness
Acknowledgement	Peace Loving	Understanding
Efficiency	Preparedness	Clarity
Direction	Reliability	Harmony
Excellence	Benevolence	Cleverness
Mastery	Self-Control	Cunning
Fluency	Certainty	Exuberance
Focus	Serenity	Insightfulness
Modesty	Contentment	Drive
Charity	Affection	Mindfulness
Precision	Camaraderie	Perceptiveness
Resolve	Frankness	Resourcefulness
Success	Attentiveness	Shrewdness
Thoroughness	Courtesy	Dignity
Activeness	Decorum	Gentility
Composure	Inquisitiveness	Discovery
Assertiveness	Generosity	Grace
Bravery	Deference	Peace
Carefulness	Fearlessness	Candor
Audacity	Exhilaration	Appreciation
Confidence	Devotion	Credibility

Directness  
Duty  
Honesty  
Conservation  
Honor  
Integrity  
Loyalty  
Sincerity  
Trust  
Sharing  
Liberty  
Truth  
Virtue  
Creativity  
Growth  
Intelligent  
Learning  
Logic  
Reason  
Frugality  
Giving

Thrift  
Moderation  
Expertise  
Knowledge  
Persistence  
Leadership  
Pragmatism  
Prudence  
Realism  
Vision  
Fairness  
Fidelity  
Justice  
Family  
Health  
Intimacy  
Freedom  
Privacy  
Hopefulness  
Comfort  
Optimism

Other Values Not listed:

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