



Values Discovery Worksheet

Remember

This process requires:

- Authenticity
- Introspective Reflection
- Discovering what is inside you, bone deep

Core Values are NOT:

- What will maximize your wealth
- What you or the organization aspire to be like
- Words that you like because they sound good or are popular to say
- What outsiders say they should be

Now, think about what your core values might be. Most people have between three and six core values. Remember, this exercise is a *process*, not an *event*.

Phase 1 – Start by Reflecting

Ask yourself...

What do I stand for?



What am I all about?

Phase 2 – Then Go Deeper

The Present

Ask yourself...

Why did I say what I said?

Why was it important for me to say it that way?

Why did I do what I just did?

Why was it important for me to do it that way?



The Past

Ask yourself...

Who, even from an early age, influenced what I said and did?

When did they influence me?

Where did they influence me?

How was I affected by these influencers?

Phase 3 – Break-through

Ask yourself...

What are the things that I have a passion for, things that I get excited about, and things that give me energy?



What are the things, that when left undone, make me angry, mad, upset, and even foaming at the mouth?

After reviewing your answers to these last two questions...

- Do you see that there are similar words in both lists?
- Now circle the words common to both lists.
- You have just discovered your Core Values!
- Finally, refine the circled words and list them below.
