

# *Illuminate Your Inner Light & Find Your Truth!*

*Balance, Take a deep breath & Meditate for a moment or two before you begin.*

*Don't think too hard or worry about getting it right. Let your inner self guide you. Start by circling 20-25 words that speak to you. Go back and cross off 5 at a time until you have narrowed down your list to 5/6 core values. Journal or sit with them. Know that you always have the ability to grow and shift. Your core values may change over time.*

## *Your CORE VALUES*

<i>Acceptance</i>	<i>Compassion</i>	<i>Endurance</i>
<i>Accomplishment</i>	<i>Competence</i>	<i>Enjoyment</i>
<i>Accountability</i>	<i>Concentration</i>	<i>Enthusiasm</i>
<i>Accuracy</i>	<i>Confidence</i>	<i>Equality</i>
<i>Achievement</i>	<i>Connection</i>	<i>Ethical</i>
<i>Adaptability</i>	<i>Consciousness</i>	<i>Excellence</i>
<i>Alertness</i>	<i>Consistency</i>	<i>Experience</i>
<i>Altruism</i>	<i>Contentment</i>	<i>Exploration</i>
<i>Ambition</i>	<i>Contribution</i>	<i>Expressive</i>
<i>Amusement</i>	<i>Control</i>	<i>Fairness</i>
<i>Assertiveness</i>	<i>Conviction</i>	<i>Family</i>
<i>Attentive</i>	<i>Cooperation</i>	<i>Famous</i>
<i>Awareness</i>	<i>Courage</i>	<i>Fearless</i>
<i>Beauty</i>	<i>Courtesy</i>	<i>Feelings</i>
<i>Boldness</i>	<i>Creation</i>	<i>Ferocious</i>
<i>Bravery</i>	<i>Creativity</i>	<i>Fidelity</i>
<i>Brilliance</i>	<i>Credibility</i>	<i>Focus</i>
<i>Calm</i>	<i>Curiosity</i>	<i>Foresight</i>
<i>Candour</i>	<i>Decisive</i>	<i>Fortitude</i>
<i>Capable</i>	<i>Decisiveness</i>	<i>Freedom</i>
<i>Careful</i>	<i>Dedication</i>	<i>Friendship</i>
<i>Certainty</i>	<i>Dependability</i>	<i>Fun</i>
<i>Challenge</i>	<i>Determination</i>	<i>Generosity</i>
<i>Charity</i>	<i>Devotion</i>	<i>Genius</i>
<i>Cleanliness</i>	<i>Dignity</i>	<i>Giving</i>
<i>Clear</i>	<i>Discipline</i>	<i>Goodness</i>
<i>Clever</i>	<i>Discovery</i>	<i>Grace</i>
<i>Comfort</i>	<i>Drive</i>	<i>Gratitude</i>
<i>Commitment</i>	<i>Effectiveness</i>	<i>Greatness</i>
<i>Common sense</i>	<i>Efficiency</i>	<i>Growth</i>
<i>Communication</i>	<i>Empathy</i>	<i>Happiness</i>
<i>Community</i>	<i>Empower</i>	<i>Hard work</i>

<i>Harmony</i>	<i>Passion</i>	<i>Solitude</i>
<i>Health</i>	<i>Patience</i>	<i>Spirit</i>
<i>Honesty</i>	<i>Peace</i>	<i>Spirituality</i>
<i>Honour</i>	<i>Persistence</i>	<i>Spontaneous</i>
<i>Hope</i>	<i>Playfulness</i>	<i>Stability</i>
<i>Humility</i>	<i>Poise</i>	<i>Status</i>
<i>Imagination</i>	<i>Power</i>	<i>Stewardship</i>
<i>Improvement</i>	<i>Present</i>	<i>Strength</i>
<i>Independence</i>	<i>Productivity</i>	<i>Structure</i>
<i>Individuality</i>	<i>Professionalism</i>	<i>Success</i>
<i>Innovation</i>	<i>Prosperity</i>	<i>Support</i>
<i>Inquisitive</i>	<i>Purpose</i>	<i>Surprise</i>
<i>Insightful</i>	<i>Quality</i>	<i>Sustainability</i>
<i>Inspiring</i>	<i>Realistic</i>	<i>Talent</i>
<i>Integrity</i>	<i>Reason</i>	<i>Teamwork</i>
<i>Intelligence</i>	<i>Recognition</i>	<i>Temperance</i>
<i>Intensity</i>	<i>Recreation</i>	<i>Thankful</i>
<i>Intuitive</i>	<i>Reflective</i>	<i>Thoughtful</i>
<i>Irreverent</i>	<i>Respect</i>	<i>Timeliness</i>
<i>Joy</i>	<i>Responsibility</i>	<i>Tolerance</i>
<i>Justice</i>	<i>Restraint</i>	<i>Toughness</i>
<i>Kindness</i>	<i>Results-oriented</i>	<i>Traditional</i>
<i>Knowledge</i>	<i>Reverence</i>	<i>Tranquility</i>
<i>Lawful</i>	<i>Rigour</i>	<i>Transparency</i>
<i>Leadership</i>	<i>Risk</i>	<i>Trust</i>
<i>Learning</i>	<i>Satisfaction</i>	<i>Trustworthy</i>
<i>Liberty</i>	<i>Security</i>	<i>Truth</i>
<i>Logic</i>	<i>Self-reliance</i>	<i>Understanding</i>
<i>Love</i>	<i>Selfless</i>	<i>Uniqueness</i>
<i>Loyalty</i>	<i>Sensitivity</i>	<i>Unity</i>
<i>Mastery</i>	<i>Serenity</i>	<i>Valour</i>
<i>Maturity</i>	<i>Service</i>	<i>Victory</i>
<i>Meaning</i>	<i>Sharing</i>	<i>Vigour</i>
<i>Moderation</i>	<i>Significance</i>	<i>Vision</i>
<i>Motivation</i>	<i>Silence</i>	<i>Vitality</i>
<i>Openness</i>	<i>Simplicity</i>	<i>Wealth</i>
<i>Optimism</i>	<i>Sincerity</i>	<i>Welcoming</i>
<i>Order</i>	<i>Skill</i>	<i>Winning</i>
<i>Organization</i>	<i>Skillfulness</i>	<i>Wisdom</i>
<i>Originality</i>	<i>Smart</i>	<i>Wonder</i>

## WHAT ARE YOUR CORE VALUES?