

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

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

<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?