

EXERCISE: Craft Your Core Values

(Chapter 3)

Understanding your core values requires some reflection and a bit of curiosity.

Start by asking yourself what is most important to you. What gives you energy and makes you feel alive or deeply fulfilled? Give yourself a few minutes to write down everything that comes to mind. Don't overthink it, just let the words flow. If you need inspiration, here is the list that I created when I did the exercise myself.

For completing the remaining steps of the exercise refer back to the book (Chapter 3, Core values).

LIST OF VALUES

Achievement	Craft	Harmony	Non-violence	Simplicity
Adaptability	Creativity	Health	Openness	Spirituality
Adventure	Curiosity	Home	Optimism	Sportsmanship
Altruism	Diversity	Honesty	Parenting	Stability
Ambition	Discipline	Hope	Patience	Status
Authenticity	Drive	Humor	Patriotism	Stewardship
Autonomy	Efficiency	Inclusion	Peace	Success
Balance	Empathy	Independence	Perseverance	Sustainability
Beauty	Equality	Influence	Persistence	Teamwork
Boldness	Ethics	Initiative	Power	Time
Belonging	Excellence	Integrity	Recognition	Tradition
Career	Fairness	Intuition	Reliability	Transparency
Caring	Faith	Job security	Resilience	Travel
Clarity	Family	Joy	Resourcefulness	Trust
Collaboration	Forgiveness	Justice	Respect	Truth
Commitment	Freedom	Kindness	Responsibility	Understanding
Community	Friendship	Knowledge	Risk taking	Uniqueness
Compassion	Fun	Leadership	Safety	Usefulness
Competence	Generosity	Learning	Security	Vision
Confidence	Giving back	Legacy	Self-discipline	Vitality
Connection	Grace	Leisure	Self-expression	Vulnerability
Contentment	Gratitude	Love	Self-improvement	Wealth
Contribution	Grit	Loyalty	Self-respect	Well-being
Cooperation	Growth	Making a	Sensitivity	Wisdom
Courage	Happiness	difference	Service	Wonder