



# Identifying Our Core Values



Values exist whether we consciously recognize them or not. Life is usually more satisfying and meaningful when we acknowledge our values and then make plans and decisions that honour them. A good way to uncover our values is to look back on our life (both personal and career) to identify moments when we felt really positive and confident we were making good choices.

The step-by-step activity below will help guide you in the process of discovering your own personal core values.

### Note

**Values are different from goals, which are like our targets in the future.  
However, our values and goals should be aligned with each other. For example:  
Values = "I want to be a kind and generous person."  
Goal = "I will make a donation to the Food Bank this Saturday."**



## Step one : Identify the times you were happiest

What were you doing: \_\_\_\_\_

Were you with other people? Who?: \_\_\_\_\_

What other factors contributed to your happiness?: \_\_\_\_\_



## Step two : Identify the times you were most proud

Why were you proud?: \_\_\_\_\_

Did other people share your pride? Who?: \_\_\_\_\_

What other factors contributed to your feelings of pride?: \_\_\_\_\_



## Step three : Identify the times you were most fulfilled and satisfied

What need or desire was fulfilled?: \_\_\_\_\_

How and why did the experience give your life meaning?: \_\_\_\_\_

What other factors contributed to your feelings of fulfillment?: \_\_\_\_\_



**4 Step four : Determine your top values, based on your experiences of happiness, pride, and fulfillment**

Why is each experience truly important and memorable? What theme, message, or quality is running through this particular experience? Use the list of common personal values to help you get started – aim for your 5 top values. As you work through the activity, you may find that some of these values naturally combine. For instance, if you value charity, community, and generosity, you might pick Service to Others as one of your top values.

**5 Step 5: Prioritize your top values**

This step is probably the most difficult, as you'll have to look deep inside yourself. It's also the most important step because, when making a decision, you'll have to choose between options and solutions that may satisfy different values. This is when you must know which value is more important to you.

**6 Step 6: Reaffirm your values. Check your top-priority values and make sure they fit with your life and your vision for yourself**

**Do these values make you feel good about yourself?** \_\_\_\_\_

**Are you proud of your top five values?** \_\_\_\_\_

**Would you be comfortable and proud to tell your values to people you respect and admire?** \_\_\_\_\_

**Do these values represent things you would support, even if your choice isn't popular?** \_\_\_\_\_



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