

GET TO THE CORE

Core values are the **fundamental beliefs** of a person or organization. These are **guiding principles** that dictate behavior, decision and vision design. Core values help businesses and individuals to **determine if they are on the right path and fulfilling their goals by creating an UNWAVERING guide.**

I refer to core values as your NON-NEGOTIABLES.

Directions: Start by circling all that truly resonate with you. Continue to **distill down to your top 3, in order.** Crossing out a value does not mean you don't have or embody these beliefs. We are here to determine your top 3. These are what you would stand on a mountain over without fail.

CAUTION: If you're feeling pressure, guilt or shame for not choosing one or the order it lands on your top three, it's NOT YOURS. It's someone else's top. Good for them. If you do not see a core value that resonates most with you, add it to your list. Authenticity rules.



ABUNDANCE	ART	CERTAINTY	CONVERSATION
ACCEPTANCE	ARTICULACY	CHALLENGE	CONSISTENCY
ACCOMPLISHMENT	ARTISTRY	CHANGE	CONTENTMENT
ACCOUNTABILITY	ASSERTIVENESS	CHARITY	CONTINUITY
ACCURACY	ASSURANCE	CHARM	CONTRIBUTION
ACHIEVEMENT	ATTENTIVENESS	CHASTITY	CONTROL
ACKNOWLEDGEMENT	ATTRACTIVENESS	CHEERFULNESS	CONVICTION
ACTIVENESS	AUDACITY	CLARITY	CONVIVIALITY
ADAPTABILITY	AVAILABILITY	CLEANLINESS	COOLNESS
ADORATION	AWARENESS	CLEAR-MINDEDNESS	COOPERATION
ADROITNESS	AWE	CLEVERNESS	CORDIALITY
ADVANCEMENT	BALANCE	CLOSENESS	CORRECTNESS
ADVENTURE	BEAUTY	COMFORT	COUNTRY
AFFECTION	BEING THE BEST	COMMITMENT	COURAGE
AFFLUENCE	BELONGING	COMMUNITY	COURTESY
AGGRESSIVENESS	BENEVOLENCE	COMPASSION	CRAFTINESS
AGILITY	BLISS	COMPETENCE	CREATIVITY
ALERTNESS	BOLDNESS	COMPETITION	CREDIBILITY
ALTRUISM	BRAVERY	COMPLETION	CUNNING
AMAZEMENT	CALMNESS	COMPOSURE	CURIOSITY
AMBITION	CAMARADERIE	CONCENTRATION	DARING
AMUSEMENT	CANDOR	CONFIDENCE	DECISIVENESS
ANTICIPATION	CAPABILITY	CONFORMITY	DECORUM
APPRECIATION	CARE	CONGRUENCY	DEFERENCE
APPROACHABILITY	CAREFULNESS	CONNECTION	DELIGHT
APPROVAL	CELEBRITY	CONSCIOUSNESS	DEPENDABILITY

DEPTH	ELEGANCE	FASCINATION	GREGARIOUSNESS
DESIRE	EMPATHY	FASHION	GROWTH
DETERMINATION	ENCOURAGEMENT	FEARLESSNESS	GUIDANCE
DEVOTION	ENDURANCE	FEROCITY	HAPPINESS
DEVOUTNESS	ENERGY	FIDELITY	HARMONY
DEXTERITY	ENJOYMENT	FIERCENESS	HEALTH
DIGNITY	ENTERTAINMENT	FINANCIAL INDEPENDENCE	HEART
DILIGENCE	ENTHUSIASM		HELPFULNESS
DIRECTION	ENVIRONMENTALISM	FIRMNESS	HEROISM
DIRECTNESS	ETHICS	FITNESS	HOLINESS
DISCIPLINE	EUPHORIA	FLEXIBILITY	HONESTY
DISCOVERY	EXCELLENCE	FLOW	LAWFUL
DISCRETION	EXCITEMENT	FLUENCY	LEADERSHIP
DIVERSITY	EXHILARATION	FOCUS	LEARNING
DOMINANCE	EXPECTANCY	FORTITUDE	LIBERTY
DREAMING	EXPEDIENCY	FRANKNESS	LOGIC
DRIVE	EXPERIENCE	FREEDOM	LOVE
DUTY	EXPERTISE	FRIENDLINESS	LOYALTY
DYNAMISM	EXPLORATION	FRIENDSHIP	MASTERY
EAGERNESS	EXPRESSIVENESS	FRUGALITY	MATURITY
EASE	EXTRAVAGANCE	FUN	MEANING
ECONOMY	EXTROVERSION	GALLANTRY	MODERATION
ECSTASY	EXUBERANCE	GENEROSITY	MOTIVATION
EDUCATION	FAIRNESS	GENTILITY	NON-CONFORMITY
EFFECTIVENESS	FAITH	GIVING	OBEDIENCE
EFFICIENCY	FAME	GRACE	OPEN-MINDEDNESS
ELATION	FAMILY	GRATITUDE	OPENNESS
			OPTIMISM
			ORDER

ORGANIZATION	PRAGMATISM	RESOLUTION	SACRIFICE
ORIGINALITY	PRECISION	PUNCTUALITY	SACREDNESS
OUTDOORS	PREPAREDNESS	PURITY	SAINTLINESS
OUTLANDISHNESS	PRESENCE	RATIONALITY	SANGUINITY
OUTRAGEOUSNESS	PRIDE	REALISM	SATISFACTION
PARTNERSHIP	PRIVACY	REASON	SCIENCE
PATIENCE	PROACTIVITY	REASONABLENESS	SECURITY
PASSION	PROFESSIONALISM	RECOGNITION	SELF-CONTROL
PEACE	PROSPERITY	RECREATION	SELFLESSNESS
PERCEPTIVENESS	PRUDENCE	REFINEMENT	SELF-RELIANCE
PERFECTION	PUNCTUALITY	REFLECTION	SELF-RESPECT
PERKINESS	PURITY	RELAXATION	SENSITIVITY
PERSEVERANCE	RATIONALITY	RELIABILITY	SENSUALITY
PERSISTENCE	REALISM	RELIEF	SERENITY
PERSUASIVENESS	REASON	RELIGIOUSNESS	SERVICE
PHILANTHROPY	REASONABLENESS	REPUTATION	SEXINESS
PIETY	RECOGNITION	RESILIENCE	SEXUALITY
PLAYFULLNESS	RECREATION	RESOLUTION	SHARING
PLEASANTNESS	REFINEMENT	RESOLVE	SHREWDNESS
PLEASURE	REFLECTION	RESOURCEFULNESS	SIGNIFICANCE
POISE	RELAXATION	RESPECT	SILENCE
POLISH	RELIABILITY	RESPONSIBILITY	SILLINESS
POPULARITY	RELIEF	REST	SIMPLICITY
POTENCY	RELIGIOUSNESS	RESTRAINT	SINCERITY
POWER	REPUTATION	REVERENCE	SKILLFULNESS
PRACTICALITY	RESILIENCE	RIGOR	SOLIDARITY

SOLITUDE	THOUGHTFULNESS	WATCHFULNESS
SOPHISTICATION	THRIFT	WARMTH
SOUNDNESS	TIMELINESS	WEALTH
SPEED	TRADITIONALISM	WILLFULLNESS
SPIRIT	TRANQUILITY	WILLINGNESS
SPIRITUALITY	TRANSCENDENCE	WINNING
SPONTANEITY	TRUST	WISDOM
SPUNK	TRUSWORTHINESS	WITTINESS
STABILITY	TRUTH	WONDER
STATUS	UNDERSTANDING	WORTHINESS
STEALTH	UNFLAPPABILITY	YOUTHFULNESS
STILLNESS	UNIQUENESS	ZEAL
STRENGTH	UNITY	
STRUCTURE	USEFULNESS	
SUCCESS	UTILITY	
SUPPORT	VALOR	
SUPREMACY	VARIETY	
SURPRISE	VICTORY	
SYMPATHY	VIGOR	
SYNERGY	VIRTUE	
TEACHING	VISION	
TEAMWORK	VITALITY	
TEMPERANCE	VIVACITY	
THANKFULNESS	VOLUNTEERING	
THOROUGHNESS	WARMHEARTED	

MY NON-NEGOTIABLES

MY #1 CORE VALUE IS:

MY #2 CORE VALUE IS:

MY #3 CORE VALUE IS:
