

Value Identification Activity

Identifying your core values is the first step in making values-based decisions, both personally and within a group setting. Below is a basic activity to help support value identification.

Directions

1. Start with a list of values. You can use the list below or find a list online.

Core Values List

(from <https://jamesclear.com/core-values>)

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

2. Quickly read through the list and mark values that resonate with you. Don't overthink it. Feel free to write in additional values missing from the list that describe you.
3. Take the values you've identified and group similar values together. For each of these groups identify one value you feel is descriptive of the entire group.
4. Take this new list of values and prioritize your top five. These are your core values.

Resources

Variations on Values-Based Identification Activity:

<https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>

<https://www.winona.edu/resilience/Media/Values-Activity-Worksheet.pdf>

<https://scottjeffrey.com/personal-core-values/>

<https://www.overcomingobstacles.org/assets/pdfs/sample/Clarifying-Values.pdf> (for youth)

Additional Articles on Values-Based Decisions:

<https://jamesclear.com/values-choices>

<https://www.forbes.com/sites/forbescoachescouncil/2018/04/04/encourage-your-team-to-make-decisions-based-on-values-rather-than-fear/>

<https://www.vantageleadership.com/our-blog/identify-your-values-use-them-to-make-decisions/>

<https://www.psychologytoday.com/us/blog/changepower/201811/9-surprising-superpowers-knowing-your-core-values>

<https://business.tutsplus.com/tutorials/what-are-personal-values--cms-31561>