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# CORE VALUES

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CREATE A 2020 VISION FOR YOUR LIFE IN 2020

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## Find Focus

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Carve out some alone time in a quiet space where you can be physically comfortable. Without distractions, you can really go within and determine your core values.

## Break it Up

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If necessary, break this exercise up into two or three sessions. There are no hard and fast rules. What's important is that you give yourself time and space to do a deep dive into your current circumstances and what you'd like life to ultimately look like.

## Final List

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Write down your final list and keep it accessible. Your wallet, bed side table, desk drawer are all great places to keep your list. You'll want to reference it on demand.



## According to Your Dictionary, Core Values are:

*“Core values are the fundamental beliefs of a person or organization. These guiding principles dictate behavior and can help people understand the difference between right and wrong. Core values also help companies to determine if they are on the right path and fulfilling their goals by creating an unwavering guide.”*

Today, you begin the process of determining your core values that will help put you on the path of empowerment to fulfill your goals. Determining your core values will create an unwavering guide for a sustainable vision in 2020 and beyond.



# Look at the list of value words and determine your Top 20.

## Step One

Included is an extensive list words that can be possible core values. Use them as a guide. Add your own if you don't see a core value of yours listed.

- **Let it Flow:** core values that apply to who you are will resonate
- **Stay in the Present:** don't let your past dictate your core values list for who you are today
- **Fly Solo:** don't let the pesky tape recorder dictate your list. Tune out all of the opinions and go with your gut to determine your list

Now that you have your list of 20 complete, move on to the next page. Your next exercise will have you cut the list in half.

- I. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_



**Step Two** WWW.GOODGIRLMAFIA.COM

Review the Top 20 Values List.

You'll begin to notice patterns of repetition and similarities. Group them together in this second list of 20.

Some values are so obvious and already ingrained in you, that you don't need to be reminded of them daily. **Take those out completely.** They don't need to be on your final list.

Now that you've taken those out, the goal is to choose the dominant value to act as an umbrella to represent each group that you think is similar.

- Slowly start crossing out similar values in a group until you are left with just one that speaks the loudest
- Do this for each group of similar values
- The goal is to be left with 10 values, which you list on the next page

## Look at your Top 20 Values and group similar values together.

- I. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
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14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_



**Step Three**

Now that you have your 10 Core Values, there's just one step left!

It is time to cut the list in half to leave you with a powerful list of 5 Core Values.

- How does each value make you feel?
- Which values do you keep revisiting?
- Which values represent who you currently are?
- Which values represent who you'd like to be?
- Include the values that may not be currently evident in your life but are important to you and your growth
- It's ok if you can't quite decide - take your time
- The values you are left with in each group will become a lasting Core Value

## Determine your Top 10 Values.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



**Step Four** WWW.GOODGIRLMAFIA.COM

You're ready to complete your powerful list of Core Values. Take your time and reflect upon your dream year. What 5 values will best serve your 2020 Vision for 2020?

Lean on your list to reach your full potential in any area you're working on. These values will:

- Act as a **GPS** as you move forward with your changes, goals, and aspirations
- Act as a **tie-breaker** when you're feeling indecisive
- Act as **encouragement** when you need reminding that you have the tools to keep going
- Act as a **source of empowerment** when you're having moment of self-doubt

# Determine your Top 5 Values

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I commend you for taking a deep dive into your heart to determine your core values. This exercise is a starting point in moving forward toward your empowerment with a solid foundation. We will build upon this foundation in the following weeks. Stay tuned!

*Diana xx*

## List of Possible Core Values

Abundance	Charity	Discovery
Acceptance	Charm	Dreaming
Accomplishment	Clarity	Drive
Accountability	Cleanliness	Duty
Accuracy	Clear	Dynamism
Achievement	Clever	Eagerness
Acknowledgement	Comfort	Education
Activeness	Commitment	Effectiveness
Adaptability	Common sense	Efficiency
Adoration	Communication	Elegance
Adventurous	Community	Empathy
Affection	Compassion	Empowerment
Affluence	Composure	Encouragement
Agility	Competence	Endurance
Alertness	Concentration	Energy
Altruism	Confidence	Entertainment
Ambition	Connection	Enjoyment
Amusement	Consciousness	Enthusiasm
Appreciation	Consistency	Equality
Approachability	Contentment	Ethical
Assertiveness	Contribution	Excellence
Assurance	Control	Excitement
Attentiveness	Conviction	Experience
Attractiveness	Cooperation	Expertise
Audacity	Courage	Exploration
Awareness	Courtesy	Expressiveness
Balance	Creation	Extravagance
Beauty	Creativity	Extroversion
Belonging	Credibility	Exuberance
Boldness	Curiosity	Fairness
Bliss	Daring	Faith
Bravery	Decisive	Fame
Brilliance	Decisiveness	Family
Calmness	Dedication	Famous
Candor	Dependability	Fearless
Capable	Determination	Feelings
Care	Development	Ferocious
Cautious	Devotion	Fidelity
Certainty	Dignity	Financial
Challenge	Discipline	Firmness

## List of Possible Core Values

Fitness	Inspiring	Playfulness
Flexibility	Integrity	Poise
Flow	Intelligence	Polish
Focus	Intensity	Popularity
Focus on Future	Intuitive	Potential
Foresight	Investment	Power
Fortitude	Irreverent	Practical
Freedom	Joy	Pragmatic
Friendship	Justice	Present
Fun	Kindness	Productivity
Generosity	Knowledge	Professionalism
Genius	Lawful	Progress
Giving	Leadership	Prosperity
Goodness	Learning	Purpose
Good Will	Liberty	Pursuit
Grace	Listening	Quality
Gratitude	Logic	Rational
Gregarious	Love	Realistic
Greatness	Loyalty	Reason
Growth	Mastery	Recognition
Guidance	Maturity	Recreation
Happiness	Maximizing	Reflective
Hard work	Meaning	Refinement
Harmony	Mellow	Respect
Health	Moderation	Relationships
Helpful	Motivation	Resolute
Heroism	Mystery	Respect for Self
Honesty	Openness	Respect of Others
Honor	Optimism	Responsibility
Hope	Order	Rest
Humility	Organization	Restraint
Humor	Originality	Results-oriented
Imagination	Partnership	Reverence
Improvement	Passion	Rigor
Independence	Patience	Risk
Individuality	Peace	Sacrifice
Industriousness	Performance	Safety
Inner Harmony	Perseverance	Satisfaction
Innovation	Persistence	Security
Inquisitive	Philanthropy	Self-awareness
Insightful		

## List of Possible Core Values

Self-motivation  
Self-reliance  
Self-responsibility  
Selfless  
Sense of Humor  
Sensitivity  
Serenity  
Service  
Sharing  
Shrewd  
Significance  
Silence  
Simplicity  
Sincerity  
Skill  
Skillfulness  
Smart  
Solitude  
Speed  
Spirit  
Spirituality  
Spontaneous  
Stability  
Status  
Stewardship  
Strength  
Structure  
Success  
Support  
Surprise  
Sustainability  
Sympathy  
Synergy  
Talent  
Teamwork  
Temperance  
Thankful  
Thorough  
Thoughtful  
Timeliness  
Tolerance  
Toughness  
Traditional  
Training  
Tranquility  
Transparency  
Trust  
Trustworthy  
Truth  
Understanding  
Unflappable  
Uniqueness  
Unity  
Useful to others  
Valor  
Value  
Victory  
Vigor  
Virtuous  
Vision  
Vitality  
Warmth  
Wealth  
Welcoming  
Winning  
Wisdom  
Wonder  
Work/Life Balance