

Aligning With Your Core Values

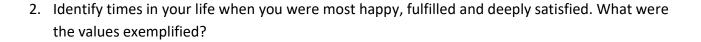
When establishing your life goals and vision, it can be helpful to identify, clarify, prioritize and *align* with your deepest, core values. It is essential that your desired outcomes in life are congruent with your deepest core values – because values answer the question of 'why' do you want this. If your conscious vision does not resonate with your deepest core values, then the manifestation of that vision will be easily sabotaged at a subconscious level because you would be out of integrity with yourself, out of alignment with yourself if you had it. Manifestation is much easier and smoother when our life goals and life visions express our deepest core values.

Use the list of personal Values on the last two pages to help guide you through the following process of clarifying your values in order of priority. Then you can ensure that your life vision encompasses your

deepest core values, and finally, you can begin to live them by aligning your feelings and behaviors, and by taking congruent action steps.

Process:

- Identify your values by answering the following questions:
 - a. What's important to me?
 - b. What truly motivates me?
 - c. What has to be true for me?



3.	List your top 10 values based on your answers above, while referring to the list of common personal values to get started.			



4.	Prioritize y	our va	lues:
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- a. Compare the first two values. If you could only satisfy one of these values, which would you choose? It may be helpful to imagine a situation in which you would have to make that choice.
- b. Work through the list comparing each value with each other until your list is in order of priority.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

8.

It is often helpful to narrow it down further: top 5, then top 3, then top 1.

Bonus Questions:

5. List 5 words that best describe your deepest self, your essence, your true nature:

1. _____

2. _____

3. _____

5. _____

6. List 5 symbols that you really resonate or have meaning for you at a heart and spirit level:

1.

3.

4. _____

5. _____

Finally, revisit your vision of your desired outcome. Does it align with your core values? Check inside yourself and ask, "Do all parts of me agree?" "Are all parts of me in alignment with this?"



Accountability Excitement Piety Accuracy Expertise **Positivity** Achievement Exploration Practicality **Preparedness** Adventurousness Expressiveness Altruism Professionalism **Fairness Ambition** Faith Prudence Quality Assertiveness Family Balance **Fidelity** Reliability Resourcefulness Being the best **Fitness** Belonging Fluency Restraint

Boldness Focus Results-oriented

CalmnessFreedomRigorCarefulnessFunSafetyChallengeGenerositySecurity

Cheerfulness Goodness Self-actualization Cleanliness Grace Self-control Clear-mindedness Selflessness Gratitude Self-reliance Commitment Growth Community **Happiness** Sensitivity Compassion Hard Work Serenity Competitiveness Health Service Consistency **Helping Society** Shrewdness Contentment Holiness Sincerity Continuous improvement Simplicity Honesty Soundness Contribution Honor Control Humility Speed Cooperation Independence Spontaneity

Spiritual Growth Cordiality Ingenuity Correctness **Inner Harmony** Stability Courtesy Inquisitiveness **Strategic** Creativity Insightfulness Strength Curiosity Intelligence Structure Decisiveness Integrity Success Democracy **Intellectual Status** Support Dependability Intuition **Teamwork** Determination Irreverence **Temperance** Thankfulness Devoutness Joy Diligence **Justice** Thoroughness Discipline Leadership Thoughtfulness **Timelines** Discretion Legacy Diversity Love **Tolerance** Dynamism Loyalty Traditionalism

Making a difference

Mastery

Economy

Effectiveness

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Trustworthiness

Truth-seeking



Efficiency Merit Understanding

Mindfulness Elegance **Unconditional Love Empathy** Obedience Uniqueness Enjoyment Openness Unity Enthusiasm Order Usefulness Environmentalism Originality Vision Patriotism Vitality Equality Excellence Perfection Wisdom