

Mindset

BEFORE METHODS

Core Values Activity (short version)

Impact of Core Values

Our mindset (aka our beliefs and values) is powerful because our mindset impacts our thoughts, feelings, actions, and ultimately our decisions.

To achieve a shift in mindset (ours or in others), we begin by identifying our core values.

We begin by thinking about the beliefs we hold sacred.

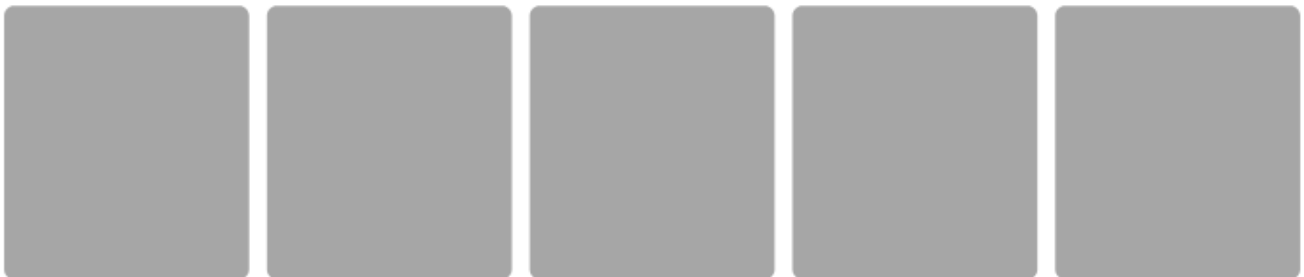
Identifying Your Core Values

- Review the list of values on the following pages.
- Which words represent what matters most in your life?
- Which words represent what you stand for?
- Try not to overthink it and don't limit the number of words that resonate.
- Simply circle ALL those that you feel are a core value.
- If there is a value not on the list, be sure to add it.

Once you have an extensive and comprehensive list of words, read back through and pick your **top five words**. Note these five top words in the boxes below.

If you struggle to identify a top five list, try narrowing your options by first grouping all of your original words based upon some shared aspect (e.g., they all have to do with emotional intelligence, all are related to your work ethic, all are things you aspire to demonstrate daily).

Use the boxes below to group or cluster words in a way that makes sense to you. Lastly, assign a single word label for each cluster of words...and ONLY up to five clusters.

Five empty gray rectangular boxes arranged horizontally, intended for grouping or clustering words.

Acceptance	Equity	Play
Activity	Exhilarating	Potency
Adaptability	Exuberance	Potential
Adventure	Experience	Power
Affection	Exploration	Practical
Agility	Extrovert	Precision
Aggressiveness	Fairness	Prepared
Alert	Faith	Preservation
Ambition	Family	Proactive
Anticipate	Fascination	Profane
Anticipation	Fashion	Professionalism
Appreciation	Fearless	Profits
Approachability	Ferocious	Progress
Approachable	Fidelity	Prosperity
Articulacy	Fierce	Prudence
Assertive	Firm	Punctuality
Assertiveness	Fitness	Purity
Attentive	Flexibility	Pursuit
Attentiveness	Flexible	Quality
Audacity	Fluency	Quality of Work
Availability	Focus	Rational
Awareness	Forgiveness	Reason
Balance	Fortitude	Recognition
Beauty	Frankness	Recreation
Belonging	Fresh	Reflection
Benevolence	Fresh Ideas	Relationships
Bold	Fun	Resilience
Bravery	Generosity	Resolution
Brilliance	Genius	Resolve
Brilliant	Giving	Resourceful
Calm	Global	Resourcefulness
Calmness	Grace	Respect
Capable	Gratitude	Responsibility
Caring	Growth	Restraint
Certainty	Guidance	Results
Challenge	Happiness	Results-Oriented
Character	Harmony	Rigor
Charity	Health	Risk

Collaboration	Humble	Self-Directed
Comfort	Humility	Self-Motivation
Communication	Imagination	Self-Reliance
Community	Impact	Sense of Humor
Compassion	Impartial	Sensitivity
Competition	Independence	Service
Comprehensive	Ingenuity	Significance
Confidence	Inquisitive	Simplicity
Conformity	Inspiration	Skillfulness
Connection	Integrity	Smart
Continuity	Intuition	Spontaneous
Cooperation	Inviting	Stealth
Correct	Joy	Strength
Courage	Judiciousness	Structure
Creative	Leadership	Surprise
Cunning	Level-Headed	Synergy
Curiosity	Liberation	Systemization
Daring	Logic	Thorough
Decisive	Love	Timely
Delight	Making a difference	Tolerance
Democratic	Maturity	Tradition
Devout	Merit	Trust
Different	Meticulous	Truth
Diligence	Modesty	Unique
Direction	Motivation	Uniqueness
Directness	Mystery	Unity
Discovery	Nerve	Useful
Down-to-Earth	Open-Minded	Value
Drive	Optimism	Variety
Dynamism	Organization	Victory
Eagerness	Original	Vigor
Effective	Patience	Vulnerability
Endurance	Passion	Well-being
Enjoyment	Perfection	Wonder
Entertainment	Persistence	Zeal
Enthusiasm	Personal Growth	Zest

Other values: _____