Lesson 2 Assignment, Your Core Values

Your primary values reveal what is most meaningful and important to you, and how you want to define your life. Everything you do should reflect those values in order for you to feel happy and balanced. However, first you have to figure out which values are most important to you, and then commit yourself to using them in your interactions, decisions, choices, and communications with others.

Living out of alignment with your values can manifest in the form of guilt, unhappiness, depression, illness, or even anger. If you have not defined your values, your life can feel off-kilter, and you may not know why. To understand why something feels wrong, you must have a strong grasp of what is right for you.

When designing a passionate life, your values should be the structure upon which everything else is built. When you live outside these values your heart, body, and mind will let you know that you are being untrue to yourself.

Assignment

On the following page, place a check next to all of the values that are important to you.

- [ ] Accomplishment
- [ ] Success
- [ ] Accountability
- [ ] Accuracy
- [ ] Adventure
- [ ] All for one & one for all
- [ ] Beauty
- [ ] Calm, quietude, peace
- [ ] Challenge
- [ ] Change
- [ ] Cleanliness, orderliness
- [ ] Collaboration
- [ ] Commitment
- [ ] Communication
- [ ] Community
- [ ] Competence
- [ ] Competition
- [ ] Concern for others
- [ ] Connection
- [ ] Content over form
- [ ] Continuous improvement
- [ ] Cooperation
- [ ] Coordination
- [ ] Creativity
- [ ] Customer satisfaction
- [ ] Decisiveness
- [ ] Delight of being, joy
- [ ] Democracy
- [ ] Discipline
- [ ] Discovery
- [ ] Diversity
- [ ] Ease of Use
- [ ] Efficiency
- [ ] Equality
- [ ] Excellence
- [ ] Fairness
- [ ] Faith
- [ ] Faithfulness
- [ ] Family
- [ ] Family feeling
- [ ] Flair
- [ ] Freedom
- [ ] Friendship
- [ ] Fun
- [ ] Global view
- [ ] Good will
- [ ] Goodness
- [ ] Gratitude
- [ ] Hard work
- [ ] Harmony
- [ ] Honesty
- [ ] Honor
- [ ] Improvement
- [ ] Independence
- [ ] Individuality
- [ ] Inner peace, calm, quiet
- [ ] Innovation
- [ ] Integrity
- [ ] Intensity
- [ ] Justice
- [ ] Knowledge
- [ ] Leadership
- [ ] Love, Romance
- [ ] Loyalty
- [ ] Maximum utilization (of time, resources)
- [ ] Meaning
- [ ] Merit
- [ ] Money
- [ ] Openness
- [ ] Patriotism
- [ ] Peace, Non-violence
- [ ] Perfection
- [ ] Personal Growth
- [ ] Pleasure
- [ ] Power
- [ ] Practicality
- [ ] Preservation
- [ ] Privacy
- [ ] Progress
- [ ] Prosperity, Wealth
- [ ] Punctuality
- [ ] Quality of work
- [ ] Regularity
- [ ] Reliability
- [ ] Resourcefulness
- [ ] Respect for others
- [ ] Responsiveness
- [ ] Results-oriented
- [ ] Rule of Law
- [ ] Safety
- [ ] Satisfying others
- [ ] Security
- [ ] Self-givingness
- [ ] Self-reliance
- [ ] Self-thinking
- [ ] Service (to others, society)
- [ ] Simplicity
- [ ] Skill
- [ ] Solving Problems
- [ ] Speed
- [ ] Spirit in life (using)
- [ ] Stability
- [ ] Standardization
- [ ] Status
- [ ] Strength
- [ ] Succeed; A will to-
- [ ] Success, Achievement
- [ ] Systemization
- [ ] Teamwork
- [ ] Timeliness
- [ ] Tolerance
- [ ] Tradition
- [ ] Tranquility
- [ ] Trust
- [ ] Truth
- [ ] Unity
- [ ] Variety
- [ ] Wisdom

From the values you checked, list your top five life values:

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Now list your top five career values: (You may repeat some life and career values.)

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Remember, once you define your core values, consult them whenever you need to make an important life decision, particularly related to your life passion work.

Your core values offer a shortcut for making decisions intelligently. When you're confronted with such a decision, select the options or decisions that are most closely aligned with your values.

For example, if your core values include family and freedom, then accepting a job that requires long hours and lots of travel would ultimately make you unhappy, even if you love the work.

In all of the upcoming decisions you will make around your life passion, ask yourself, "*What would a person with these values choose to do in this situation*?"

Your values can shift in priority and completely change over time. Financial security and family may be your top values at one point in your life, whereas freedom and adventure may top the list at another point.

Revisit your core values every year to ensure you remain on the right track. These values are your benchmark for everything, so you don't want to ignore them.