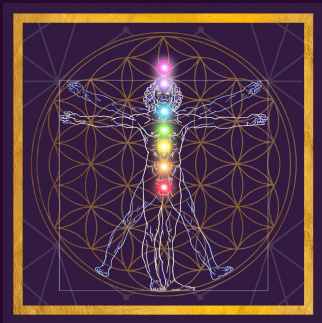


# CORE VALUES



SHARON WHITE

## Core Values

Your values are often derived from your beliefs, but that is not always the case. Values set the standard for what you would and would not be prepared to do.

In other words, what we think is important. However, values do not drive your actions; they simply tell you right from wrong.

### **Here is a list of some values.**

*Some of these values will be more important to you than others.*

Authenticity  
Achievement  
Adventure  
Authority  
Autonomy  
Balance  
Beauty  
Boldness

Compassion  
Challenge  
Citizenship  
Community  
Competency  
Contribution  
Creativity  
Curiosity

Determination	Openness
Fairness	Optimism
Faith	Peace
Fame	Pleasure
Friendships	Popularity
Fun	Recognition
Growth	Religion
Happiness	Reputation
Honesty	Respect
Humour	Responsibility
Influence	Security
Inner Harmony	Self-Respect
Justice	Service
Kindness	Spirituality
Knowledge	Stability
Leadership	Success
Learning	Status
Love	Trustworthiness
Loyalty	Wealth
Meaningful Work	Wisdom

Pick your favourite 5 values for each **Wheel Of Life** section.

## Areas Of Your Life:

- Career/Work/Business
- Money
- Health
- Social
- Family
- Love
- Recreation/Fun/Time
- Contribution
- Spiritual
- Self-Image

Then look at the list in the core values section, picking the top 5 values.

If for instance you have 6 top values and you can't pick the top 5 use this exercise.

Let's say these were your top 6 values:

Humour

Influence

Inner Harmony

Justice

Kindness

Knowledge

You would pick one and ask **is knowledge more important than kindness**, think about it and you will get a yes or no answer pop up in your mind.

If you think knowledge is more important than kindness your next question will be **is knowledge more important than justice?**

Wait for your answer. If the answer is yes keep working up the list.

Then move up to the next value on the list. **Is knowledge is more important than Inner Harmony?**

Wait for the answer. If the answer is yes keep working up the list.

Then move up to the next value on the list.

**Is knowledge is more important than Influence?**

Wait for the answer. If the answer is yes keep working up the list.

Then move up to the next value on the list.

**Is knowledge is more important than Humour?**

If you go through this process and knowledge is more important than the other values.

Knowledge is in your top 5 values.

Keep doing this process until you find your top 5 values for each section.

**You can do this on one area or all the areas in the wheel of life section. If you only work on one, pick the area you want to work on when you start changing your beliefs.**

**Write Your Top 5 Values for:**

Career/Work/Business .....

Money .....

Health .....

Social .....

Family .....

Love .....

Recreation/Fun/Time .....

Contribution .....

Spiritual .....

Self-Image .....

**"It's easy to make decisions when you know  
what your values are". - Sharon White**