

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:

1. 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?
2. Identify times in your life when you were most happy, fulfilled and deeply satisfied. What were the values exemplified?
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 your values:

- 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. _____
- 7. _____
- 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. _____
- 4. _____
- 5. _____

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

- 1. _____
- 2. _____
- 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 |
| Adventurousness | Expressiveness | Preparedness |
| Altruism | Fairness | Professionalism |
| Ambition | Faith | Prudence |
| Assertiveness | Family | Quality |
| Balance | Fidelity | Reliability |
| Being the best | Fitness | Resourcefulness |
| Belonging | Fluency | Restraint |
| Boldness | Focus | Results-oriented |
| Calmness | Freedom | Rigor |
| Carefulness | Fun | Safety |
| Challenge | Generosity | Security |
| Cheerfulness | Goodness | Self-actualization |
| Cleanliness | Grace | Self-control |
| Clear-mindedness | Gratitude | Selflessness |
| Commitment | Growth | Self-reliance |
| Community | Happiness | Sensitivity |
| Compassion | Hard Work | Serenity |
| Competitiveness | Health | Service |
| Consistency | Helping Society | Shrewdness |
| Contentment | Holiness | Sincerity |
| Continuous improvement | Honesty | Simplicity |
| Contribution | Honor | Soundness |
| Control | Humility | Speed |
| Cooperation | Independence | Spontaneity |
| Cordiality | Ingenuity | Spiritual Growth |
| 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 |
| Devoutness | Joy | Thankfulness |
| Diligence | Justice | Thoroughness |
| Discipline | Leadership | Thoughtfulness |
| Discretion | Legacy | Timelines |
| Diversity | Love | Tolerance |
| Dynamism | Loyalty | Traditionalism |
| Economy | Making a difference | Trustworthiness |
| Effectiveness | Mastery | Truth-seeking |

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Efficiency

Merit

Understanding

Elegance
Empathy
Enjoyment
Enthusiasm
Environmentalism
Equality
Excellence

Mindfulness
Obedience
Openness
Order
Originality
Patriotism
Perfection

Unconditional Love
Uniqueness
Unity
Usefulness
Vision
Vitality
Wisdom