



Core Values

What makes you tick, your guardrails.

Uncovering your core values is like discovering your own inner compass, enabling you to make decisions based on what is important and fulfilling ~ to you. Everything you do, including your purpose, vision and goals should flow from your values. They're the foundation upon which you build everything else.

They're not your morals or ethics ~ those are subjective ideas based on your values. They are not your beliefs ~ which can be inherited from your family or community, or developed over time through experiences or circumstances. Beliefs are changeable.

Values tend to:

- Reflect your uniqueness and individuality
- Be the most personal expression of you
- Be the non-negotiable things in your life

Values tend to be:

- Intangible - but documentable effects
- Inherent - your internal compass
- Inspirational - they bring you joy!

When you don't know your values, decisions are difficult, processes muddy, and boundaries are overrun. When one of your values is undercut or dishonored, you feel tension or conflict. BUT - when you DO understand them decisions become clear, allowing you to chart your course with confidence. You create guardrails (boundaries) around what is important, allowing you to thrive and become more purely "you." Understanding your Core Values will free you to live true to yourself, even when a decision is difficult, and will allow you to pursue true success.

Your **Core Values** are the foundation upon which you build your **Beliefs** ...
which fuel your thoughts about your **Skills & Abilities** ...
which further define your **Purpose** ...
allowing you to cast a **Vision** ...
providing the fuel to modify your **Goals and Actions** ...
affecting your **Results!**

Exercise: Grab yourself a nice notebook and pen, and answer these questions ~ several times. This process could take a few minutes, or a few weeks, especially if this concept is new to you. Take your time, and really look inside. You'll like what you see, and some situations in your life will finally make sense... I promise.

1. If someone who knows you well were asked what you stand for, what would they say? (*list at least 5 things*)
2. What things do You consider to be non-negotiable in your life (*list at least 5*)? What makes them non-negotiable?
3. Next, look for where each of these values show up in your daily life. List as many instances as you can, for each one.
4. Which values do you tend to sell-out on, neglect, or cause you the most conflict? Look for patterns (*of people, places or situations*) where they routinely pop up. Look for times of unhappiness...
5. Rank your list. Ask yourself: 1) Which one(s) am I NOT willing to let go of? and 2) Which are the most important? Pare the list down to 5, or just 3.

The list you end up with are your **preliminary Core Values**. It could take a few months to get a good, comprehensive list. Once they're defined, however, they'll be your most powerful tool in all your decision processes!

When you're finished, you will be able to live with confidence in your direction, decisions, setting boundaries that will allow you to flourish in all aspects of your life.

This process can be overwhelming, but the good news is I can help! I've created a **mini course** that walks you through the whole exercise over the course of 4 weeks. Just go to:

<https://www.theintentionaloptimist.com/offers/E2JVpeD5>, or my website and click the "Core Values Mini Course" button at the top of the page.

Understanding your Core Values, allows you to live the most pure version of "You."
www.theintentionaloptimist.com