## **CORE VALUES EXERCISE**

From the list below, highlight every core value that resonates with you. Don't over think this part – simply highlight all the words that feel right to you:

Beauty Creativity Flexibil Belonging Curiosity Focus Boldness Daring Freedo Bravery Decisiveness Friends Calmness Dependability Fun Candour Desire Genero Challenge Determination Gratitu Change Dignity Happin Cheerfulness Discipline Hard W	ship Knowledge Leadership sity Learning de Loyalty ess Meaning	Precision Preparedness Professionalism Purpose Reliability Reputation Responsibility Resourcefulness Sacrifice Self-awareness Self-control Selfishness	Strength Structure Success Sympathy Teaching Teamwork Thoughtfulness Timeliness Tolerance Trust Truth Understanding Variety Warmth
3	ork Mindfulness		,

Group similar values together into a maximum of five groups:

GROUP1	GROUP 2	GROUP 3	GROUP 4	GROUP 5		
Now choose one word within each group above that best represents that group of words to you.  These will become your core values.						