



Core Values

Core values are the basic values or beliefs that your life is founded on. These values shape your sense of self and are a lens through which you see your world. They inform the meaning and purpose of your life, your choices and goals, and your sense of fulfillment you experience moment to moment. High functioning individuals and organizations are aligned with their core values and life purpose. Their values are communicated through how they feel, speak, and act, and guide them as they navigate through the joys and sorrows of life.

Imagine in your final days looking back over the meaning of your life. What are the values that you want to have lived your life from? What are the values that those who knew you would recognize as the foundation that informed your choices and actions?

Abundance
Acceptance
Accountability
Allegiance
Altruism
Appreciation
Authenticity
Beauty
Caring
Celebration
Citizenship
Commitment
Compassion
Considerate
Contribution
Courage
Creativity

Discipline
Empathy
Ethical
Equanimity
Fairness
Friendliness
Fulfillment
Generosity
Gentleness
Happiness
Harmony
Helpful
Honesty
Integrity
Joy
Kindness
Knowledge

Love
Loyalty
Patience
Peace
Reliable
Respect
Responsibility
Self awareness
Serenity
Service
Sharing
Sincerity
Spiritual awakening
Trustworthy
Truth
Understanding
Wisdom