

Exercise #2

Choose Your Own Core Values

*From the book *Unscripted: How Women Holding It All Together at Home, at Work, and on the Inside Can Start Choosing Themselves Again*-----Identify Your Core Values*

Browse through this list of potential personal core values. **Circle the seven (7) that speak the most to you.**

Follow these steps to narrow down your selection to the core values you absolutely don't want to live without:

1. Make a list of your top seven values from the list above (or include words of your own!).
2. From the list of seven, cross out two.
3. From the list of five, cross out two more. What values does that leave? Are they the ones you absolutely don't want to live without? Which ones feel the closest to your personality, your deepest desires, and your goals?

Follow-up Questions for Reflection

To help you understand whether your life and work are aligned with your personal core values, journal about these questions:

- Do I feel a sense of fulfillment and purpose in what I do, or am I constantly making compromises that leave me feeling disconnected from my true self?
- When making decisions—big or small—do I prioritize what truly matters to me, or do I find myself following societal, familial, or workplace expectations instead?
- If I removed external pressures (money, opinions, tradition), would I still choose the same..

The Three Steps to Alignment

Acceptance	Harmony	Popularity	Meaning
Achievement	Honesty	Reputation	Modesty
Accountability	Humor	Respect	Openness
Action	Imagination	Security	Optimism
Adventure	Individuality	Self Reliance	Organization
Authority	Influence	Service	Originality
Autonomy	Justice	Sincerity	Perseverance
Authenticity	Learning	Stability	Poise
Balance	Commitment	Strength	Recognition
Beauty	Community	Trustworthiness	Resilience
Boldness	Compassion	Wisdom	Responsibility
Challenge	Competency	Independence	Self-awareness
Citizenship	Confidence	Integrity	Self Respect
Fairness	Contribution	Joy	Simplicity
Growth	Conviction	Leadership	Spirituality
Faith	Courage	Logic	Status
Fame	Curiosity	Kindness	Success
Friendship	Creativity	Knowledge	Wealth
Frugality	Determination	Leadership	
Fun	Empathy	Learning	
Generosity	Excellence	Logic	
Grace	Patience	Love	
Happiness	Peace	Loyalty	