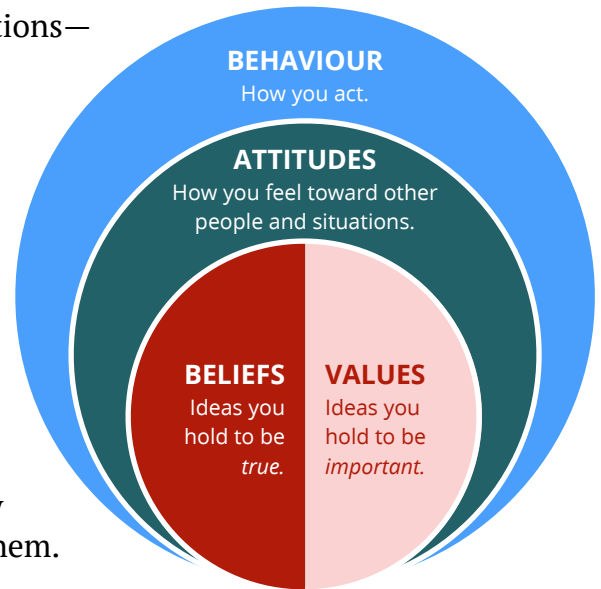


Core values

Our attitudes—how we feel towards other people and situations—largely determine our outward behaviour. Those attitudes, however, are built upon two different kinds of thoughts: ideas you hold to be *true* (beliefs) and ideas you hold to be *important* (values).

Some values can also be beliefs, but they don't have to be. The values that resonate with you the most are called core values and they are very important to shaping how you see the world.

Values can sometimes conflict with one another. When this happens, the best strategy is one that allows you to identify and name the two values so that you can choose between them.



To the right are some conflict examples. Knowing your core values can help you resolve them.

loyalty - *honesty*

Do I tell my parents about my sister's drug problem?

Yes, it's for her own good.

rationality - *spontaneity*

Should I check the odds before placing a bet?

Yes, I haven't paid rent yet.

Put a CHECK next to 10 adjectives on this list that you feel are the most important. When you are done, CIRCLE 3 checked adjectives that especially resonate with you. These are your core values.

- | | | | |
|--------------------------------------|---|---------------------------------------|------------------------------------|
| <input type="radio"/> ACCEPTANCE | <input type="radio"/> DETERMINATION | <input type="radio"/> INFLUENCE | <input type="radio"/> SPIRITUALITY |
| <input type="radio"/> ACCOUNTABILITY | <input type="radio"/> DISCIPLINE | <input type="radio"/> INNER HARMONY | <input type="radio"/> SUCCESS |
| <input type="radio"/> ADVENTURE | <input type="radio"/> EQUALITY | <input type="radio"/> INTELLIGENCE | <input type="radio"/> TEAMWORK |
| <input type="radio"/> AMBITION | <input type="radio"/> ETHICS | <input type="radio"/> JOB SECURITY | <input type="radio"/> TOLERANCE |
| <input type="radio"/> APPRECIATION | <input type="radio"/> EXCELLENCE | <input type="radio"/> JUSTICE | <input type="radio"/> TRADITION |
| <input type="radio"/> AUTHENTICITY | <input type="radio"/> EXCITEMENT | <input type="radio"/> LOVE | <input type="radio"/> TRUST |
| <input type="radio"/> AUTHORITY | <input type="radio"/> FAME | <input type="radio"/> LOYALTY | <input type="radio"/> UNIQUENESS |
| <input type="radio"/> BEAUTY | <input type="radio"/> FAMILY | <input type="radio"/> MEANINGFUL WORK | <input type="radio"/> VARIETY |
| <input type="radio"/> CERTAINTY | <input type="radio"/> FINANCIAL STABILITY | <input type="radio"/> PASSION | <input type="radio"/> WEALTH |
| <input type="radio"/> CHALLENGE | <input type="radio"/> FORGIVENESS | <input type="radio"/> PEACE | <input type="radio"/> WISDOM |
| <input type="radio"/> COMMITMENT | <input type="radio"/> FREEDOM | <input type="radio"/> PLEASURE | <input type="radio"/> _____ |
| <input type="radio"/> COMPASSION | <input type="radio"/> FRIENDSHIP | <input type="radio"/> POPULARITY | <input type="radio"/> _____ |
| <input type="radio"/> COMPETENCE | <input type="radio"/> GLORY | <input type="radio"/> PRIVACY | <input type="radio"/> _____ |
| <input type="radio"/> CONTRIBUTION | <input type="radio"/> GROWTH | <input type="radio"/> PRODUCTIVITY | <input type="radio"/> _____ |
| <input type="radio"/> CONTROL | <input type="radio"/> HEALTH | <input type="radio"/> RELIGION | <input type="radio"/> _____ |
| <input type="radio"/> COURAGE | <input type="radio"/> HELPFULNESS | <input type="radio"/> REPUTATION | <input type="radio"/> _____ |
| <input type="radio"/> CREATIVITY | <input type="radio"/> HONESTY | <input type="radio"/> RESPECT | <input type="radio"/> _____ |
| <input type="radio"/> CURIOSITY | <input type="radio"/> INDEPENDENCE | <input type="radio"/> SAFETY | <input type="radio"/> _____ |