



2 EASY & FUN EXERCISES TO DISCOVER YOUR CORE VALUES





Welcome to 2 easy fun exercises to discover your core values

I used these exercises on my own journey to get clear on what I wanted my life to be all about; how to be a leader in my own life, when I wanted to stop what felt like playing a part: being a successful consultant and manager.

Now I guide people like you — visionaries, change-makers, rulebreakers or people who simply feel stuck in the frustrating do-ing of everyday life — into quiet, expansive mountains to help you **re-connect with yourself, your essence, and re-focus on what life for you is all about.**

I guide you to the edge of your comfort zone, beyond your fears, until what you thought was important fades away. You re-connect with what your life is all about and you can start being the person you were always meant to be – **a self-leader.**



When you're unhappily successful, because the life or career you've built for yourself doesn't feel as dreamy as you thought it would ...

When it feels like you've given up your identity, as though you're playing a part in order to live up to everyone's expectations ...

When you're exhausted because you no longer know what's truly important to you and are trying to do it all ...

Then knowing your core values will help you re-gain clarity, re-claim your identity and start on your own journey towards self-leadership.



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What are values? A brief introduction

Values, especially core values, form the foundation of a well lived life

They are like fence posts of a solidly built fence. When we live out of alignment with our values the fence posts are anything but solid and it becomes very easy to push it i.e. Us over.

Values are the beliefs people have, especially about what is right and wrong and what is most important in life, that control their behaviour — Cambridge Dictionary

When over time you've taken on stressors, roles and beliefs that no longer serve you

When because of it you're frequently frustrated, angry, resentful or generally feeling negative towards people, situations, etc. ...

You more than likely have been living more and more out of alignment with your values – more importantly out of alignment with your core values.

3-5 core values

Typically someone has 3 to 5 core values.

You probably have more, somewhat less important values as well. These may even change over the course of your lifetime. Simply because your life circumstances change.

You go to a new school. You start working for a different company. You marry and become part of a different family. You move to a different city or country.

All these changing circumstances influence your values and their importance to you. You can even consciously decide to change some values or add new ones into the mix.

For example:

After years of caring for others and not for yourself, you decide to make self-care (which is more than glasses of wine and bubble baths by the way) one of your values.

Or after years of neglecting your physical health and a warning from your gp, you decide to make physical health an important value.

However, your core values usually stay the same for most of your life. You may at some point or points in time decide to change the order of importance of them, but they likely remain the 3-5 most important ones throughout your life.

In essence knowing your (core) values helps you

- Focus on the things truly important to you and eliminate those things that are merely clutter
- Define your vision / purpose i.e. what your life to you is all about because they are at the core of it
- Stay the course in difficult situations i.e. when difficult decisions must be made



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Adapt or get out

When there is mis-alignment between your values and your reality, you have 2 choices:

1. Adapt the situation. For example:
health is a big value for you, but you've been eating a ton of junk food. You can adapt the situation by phasing out the junk food and start eating healthy again.
2. Remove yourself from the situation and start over. For example:
you find yourself working for a company where you're constantly asked to break industry rules to accommodate clients while 'honesty' is an important value for you. Nothing changes when you speak up which might ultimately lead to you choosing to find a new job.

Finding your core values (again)

On the following pages you'll find 2 exercises to help you re-discover your values, but more importantly your core values.

These exercises may seem a bit trivial, maybe even a bit childish, but I promise you when you follow through on them, you will (again) know what to you is really important.

You will know what the foundation is for what your life is all about.

Tip:

should you find the exercises a bit challenging, you can use the extensive list of values on page 11 of this e-book. Scan it to find words that best fit the answers you give in each of the exercises.



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Let your inner child come out

Exercise 1 — your (childhood) heroes

Who were your childhood heroes? Or who are your current heroes / role models?

They don't have to be alive or even be real. Nor do they have to be famous or well-known. They can be your Uncle Joe, your Granny Maisy or even fictional like Simba from the Lion King. What's important is they're a hero or role model to you!

List a minimum of 4 and a maximum of 6 of your heroes. Then list why they were / are your heroes? What about them appeals to you?

FOR EXAMPLE



PIPPY LONGSTOCKING

Sovereign (her own person)
Rulebreaker
Honest
Courageous
Loyal
Adventurous
Leader
Principled
Determined
Funny



**MODESTY BLAISE
(FEMALE JAMES BOND)**

Honorable
Courageous
Loyal
Rulebreaker
Sovereign (her own person)
Leader
Capable
Determined
Principled
Smart



KATHERINE HEPBURN

Honest
Rulebreaker
Loyal
Outspoken
Determined
Sovereign (her own person)
Smart
Principled
Capable

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Role model 1

Role model 2

Role model 3

Role model 4

Role model 5

Role model 6



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Exercise 2 — your dream job

What were the jobs you dreamed of as a kid? Perhaps you still have a list of jobs you secretly consider dream jobs? Think back to those childhood days and dream again.

List at least 10, but better would be 20 of your dream jobs. Then list at least 3 things for each job that makes it a dream job for you.

FOR EXAMPLE



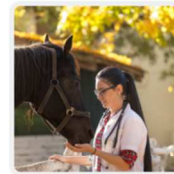
COWBOY

Freedom
Outdoors
Nature / animals
Adventure



LIBRARIAN

Knowledge
Learning
Teaching
Curiosity



VETERINARIAN

Animals / nature
Caring
Outdoors

Dream job 1	Dream job 2	Dream job 3	Dream job 4
Dream job 5	Dream job 6	Dream job 7	Dream job 8
Dream job 9	Dream job 10	Dream job 11	Dream job 12



Dream job 13	Dream job 14	Dream job 15	Dream job 16
Dream job 17	Dream job 18	Dream job 19	Dream job 20

The common thread

Group related values together

Go back to your lists of heroes / role models and dream jobs.

You went over each of the people and characters you listed and thought about what about them makes them your heroes, your role models.

You looked at your list of dream jobs and thought about what about those makes them dream jobs for you.

Now I want you to go over all those characteristics — which represent values — you mentioned and group those that are related together.

When you go back to the example I gave, you'll see that all my role models had sovereignty. All of them were determined, principled rule breakers.

When you look at the examples of dream jobs you'll notice that two of them had the outdoors and animals / nature in common.

Looking at all the characteristics i.e. values you listed for your heroes and jobs, you'll find that certain things keep coming back. Or that you're using different words for similar things.

Go through your list and try to bring it back to 3 – 5 groups of related values. Then find a label for each of those groups that accurately describes all the values in that group.

Each label, each group represents one of your core values. You can use table 1 on page 8 for this.



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Table 1 - the common thread

Group 1	Group 2	Group 3	Group 4	Group 5
<i>Honest principled trustworthy</i>				
Label: _____	Label: _____	Label: _____	Label: _____	Label: _____
<i>For example: integrity</i>				

Then move on to table 2.

Put your core values (the labels for each of your groups) in order of importance in the first column. Then give a brief description for each of them in the second column.

After all a core value is more than just a word. It is deep and meaningful to you.

A description expresses that meaning. Descriptions of your core values also make it easier for you to explain to others why it is important for you to live in alignment with them. And there will be times when you will feel the need to explain that.

Table 2 - what your core value means to you

My core value	Description
<i>For example: integrity</i>	<i>To be honest, trustworthy and stand by my principles i.e. Act in alignment with my values</i>
1.	
2.	
3.	
4.	
5.	



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Living up to your core values

Now that you know what your core values are, you can decide whether or not you honour them in your personal life.

Do you honour each of your values, yes or no?

If you're not honouring one or more of them, do you know why that is?

What do you need to or can you do differently to be able to live in alignment with those values too?

Is there someone you could ask to help you make those changes?

Tip:

share your core values with a trusted person and ask them to support you and if necessary hold you accountable as you start honouring them.

Regularly check in with yourself and determine if you're still honouring your values.

A good way to monitor your progress is to make a note of the level of fulfilment, contentment you experience in your life each time you check in with your values.

Using your core values when making decisions

When making decisions, especially difficult ones, it is helpful to know your core values and their order of importance to you.

Faced with a decision, ask yourself questions like:

- Is the decision I'm about to make in alignment with my core value(s)?
- Will it cause friction with other core values?
- How does my decision affect others? How does that affect my decision?

There may be times when you (have to) decide to not honour one of your core values.

Knowing your values it will at least be a decision you take consciously. It will therefore be easier to make changes and return to honouring your values when the opportunity presents itself.



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A 'new' person

Honouring your core values can be a challenging process at first. Especially when you've never really done it before.

A challenge not just for you, but also for the people around you. They suddenly find themselves in the company of someone who is becoming a leader in their own life; a self-leader. Someone who is carving out a path for themselves, instead of simply following a path carved out by others.

Not everyone will understand or be happy with this 'new' person you're becoming.

But knowing your core values will help you stay on your own path in life and true to yourself. Don't be surprised when you inspire others to start honouring their core values too.

— Gerdi Verwoert, Dare Greatly Guide & Coach

Follow me on:



About me:

I playfully guide people who are visionaries, change-makers, rulebreakers and those who simply feel stuck in the frustrating do-ing of everyday life and work, into quiet, expansive mountains to help them re-connect with themselves, their essence, and re-focus on what life for them is all about.

The mountains are a magical place; uniquely suited to help us slow down, be present and get a different perspective on life.

A former project manager & consultant with 20+ years of experience, I am certified as a life coach and mountain hiking guide. I have a special gift for taking people on trails – in mountains and in life – they would never think of walking by themselves. I have a talent for both challenging and helping them reach heights they didn't think themselves capable of.

I coach (in Dutch, English and German) clients both in the Great Outdoors and online.



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A list of 400+ values

Abundance	Availability	Compassion	Delight
Acceptance	Awareness	Competence	Dependability
Accessibility	Awe	Competition	Depth
Accomplishment	Balance	Completion	Desire
Accountability	Beauty	Composure	Determination
Accuracy	Being the best	Concentration	Devotion
Achievement	Belonging	Confidence	Devoutness
Acknowledgement	Benevolence	Conformity	Dexterity
Activeness	Bliss	Congruency	Dignity
Adaptability	Boldness	Connection	Diligence
Adoration	Bravery	Consciousness	Direction
Adroitness	Brilliance	Conservation	Directness
Advancement	Buoyancy	Consistency	Discipline
Adventure	Calmness	Contentment	Discovery
Affection	Camaraderie	Continuity	Discretion
Affluence	Candor	Contribution	Diversity
Aggressiveness	Capability	Control	Dominance
Agility	Care	Conviction	Dreaming
Alertness	Carefulness	Conviviality	Drive
Altruism	Celebrity	Coolness	Duty
Amazement	Certainty	Cooperation	Dynamism
Ambition	Challenge	Cordiality	Eagerness
Amusement	Change	Correctness	Ease
Anticipation	Charity	Country	Economy
Appreciation	Charm	Courage	Ecstasy
Approachability	Chastity	Courtesy	Education
Approval	Cheerfulness	Craftiness	Effectiveness
Art	Clarity	Creativity	Efficiency
Articulacy	Cleanliness	Credibility	Elation
Artistry	Clear-mindedness	Cunning	Elegance
Assertiveness	Cleverness	Curiosity	Empathy
Assurance	Closeness	Daring	Encouragement
Attentiveness	Comfort	Decisiveness	Endurance
Attractiveness	Commitment	Decorum	Energy
Audacity	Community	Deference	Enjoyment



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Entertainment	Freedom	Insightfulness	Meekness
Enthusiasm	Friendliness	Inspiration	Mellowness
Environmentalism	Friendship	Integrity	Meticulousness
Ethics	Frugality	Intellect	Mindfulness
Euphoria	Fun	Intelligence	Modesty
Excellence	Gallantry	Intensity	Motivation
Excitement	Generosity	Intimacy	Mysteriousness
Exhilaration	Gentility	Intrepidness	Nature
Expectancy	Giving	Introspection	Neatness
Expediency	Grace	Introversion	Nerve
Experience	Gratitude	Intuition	Nonconformity
Expertise	Gregariousness	Intuitiveness	Obedience
Exploration	Growth	Inventiveness	Open-mindedness
Expressiveness	Guidance	Investing	Openness
Extravagance	Happiness	Involvement	Optimism
Extroversion	Harmony	Joy	Order
Exuberance	Health	Judiciousness	Organization
Fairness	Heart	Justice	Originality
Faith	Helpfulness	Keeness	Outdoors
Fame	Heroism	Kindness	Outlandishness
Family	Holiness	Knowledge	Outrageousness
Fascination	Honesty	Leadership	Partnership
Fashion	Honor	Learning	Patience
Fearlessness	Hopefulness	Liberation	Passion
Ferocity	Hospitality	Liberty	Peace
Fidelity	Humility	Lightness	Perceptiveness
Fierceness	Humor	Liveliness	Perfection
Financial independence	Hygiene	Logic	Perkiness
Firmness	Imagination	Longevity	Perseverance
Fitness	Impact	Love	Persistence
Flexibility	Impartiality	Loyalty	Persuasiveness
Flow	Independence	Majesty	Philanthropy
Fluency	Individuality	Making a difference	Piety
Focus	Industry	Marriage	Playfulness
Fortitude	Influence	Mastery	Pleasantness
Frankness	Ingenuity	Maturity	Pleasure
	Inquisitiveness	Meaning	Poise



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Polish	Resourcefulness	Skillfulness	Transcendence
Popularity	Respect	Solidarity	Trust
Potency	Responsibility	Solitude	Trustworthiness
Power	Rest	Sophistication	Truth
Practicality	Restraint	Soundness	Understanding
Pragmatism	Reverence	Speed	Unflappability
Precision	Richness	Spirit	Uniqueness
Preparedness	Rigor	Spirituality	Unity
Presence	Sacredness	Spontaneity	Usefulness
Pride	Sacrifice	Spunk	Utility
Privacy	Sagacity	Stability	Valor
Proactivity	Saintliness	Status	Variety
Professionalism	Sanguinity	Stealth	Victory
Prosperity	Satisfaction	Stillness	Vigor
Prudence	Science	Strength	Virtue
Punctuality	Security	Structure	Vision
Purity	Self-control	Success	Vitality
Rationality	Selflessness	Support	Vivacity
Realism	Self-reliance	Supremacy	Volunteering
Reason	Self-respect	Surprise	Warmheartedness
Reasonableness	Sensitivity	Sympathy	Warmth
Recognition	Sensuality	Synergy	Watchfulness
Recreation	Serenity	Teaching	Wealth
Refinement	Service	Teamwork	Willfulness
Reflection	Sexiness	Temperance	Willingness
Relaxation	Sexuality	Thankfulness	Winning
Reliability	Sharing	Thoroughness	Wisdom
Relief	Shrewdness	Thoughtfulness	Wittiness
Religiousness	Significance	Thrift	Wonder
Reputation	Silence	Tidiness	Worthiness
Resilience	Silliness	Timeliness	Youthfulness
Resolution	Simplicity	Traditionalism	Zeal
Resolve	Sincerity	Tranquility	