

The Core Values Exercise

Content adapted from: [TapRoot](#), Author Barb Carr, 2013

FROM THE PRESENTATION

Name Them and Know Them | *Living Your Life Intentionally by Your Values*

STEP 1 | Organize your list of values into a maximum of five groups.

Look at the list of values you just created and organize the values into groups. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s).

For example, I could group the following values together to create one group:

Group One

Giving Back Making a Difference Usefulness Future Generations

STEP 2 | Choose one word within each group to serve as a label for the entire group.

Do not overthink your labels – there are no right or wrong answers. You are defining the answer that is *right for you*.

For example, from the group above, I could choose “Making a Difference” to represent the group:

Giving Back **Making a Difference** Usefulness Future Generations

STEP 3 | Then, create one phrase for each group that captures how this value can manifest in action, ideally in a way that would be relevant to your own life.

For example:

- **Making a Difference**- **Seek** opportunities for making a difference.
 - **Mindfulness** - **Act with** mindfulness.
 - **Well Being** - **Promote** well-being.
 - **Happiness** - **Multiply** happiness.
 - **Freedom** - **Live** in freedom.

STEP 4 | Finally, arrange your actionable core values in order of priority. Post this list somewhere it will be available as an easy reference when you are faced with decisions.

For example:

1. **Live** in freedom.
2. **Act with** mindfulness.
3. **Promote** well-being.
4. **Multiply** happiness.
5. **Seek** opportunities for making a difference.



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