**SUGGESTED EXERCISES FOR UNCOVERING CORE VALUES**

**adapted from the work of Scott Jeffrey**

<https://scottjeffrey.com/personal-core-values/>

**After making a list of all your core values, you may find the list is too long to work with. Here’s some processes I adapted from Scott Jeffrey to try to get them down to five.**

**~Jennifer**

**To help you uncover your own personal core values, here are three processes you can try:**

**1) Peak Experiences**

Consider a meaningful moment—a peak experience that stands out.

What was happening to you?

What was going on?

What values were you honoring at this time?

**2) Suppressed Values**

Now, go in the opposite direction; consider a time when you got angry, frustrated, or upset.

What was going on? What were you feeling? Now flip those feelings around.

What value is being suppressed?

**3) Code of Conduct**

What’s most important in your life? Beyond your basic human needs, what *must* you have in your life to experience fulfillment?

Creative self-expression? A strong level of health and vitality? A sense of excitement and adventure? Surrounded by beauty? Always learning?

What are the personal values you must honor or a part of you withers?

## **Chunk Your Personal Values into Related Groups**

Maybe there are between 20 and 40 values on your list.

That’s too many to be actionable.

Your next step is to group these values under related themes.

Values like accountability, responsibility, and timeliness are all related.

Values like learning, growth, and development relate to each other.

Connection, belonging, and intimacy are related too. Group them together.

## **Highlight the Central Theme of Each Value Group**

If you have a group of values that include honesty, transparency, integrity, candor, directness, and truth, select a word that best represents the group.

For example, integrity might work as a central theme for the values I listed.

You can keep the other words in the group in parentheses to give your primary value more context.

## **Determine Your Top Personal Core Values**

Now comes the hardest part. After completing the above, you still may have a sizable list of values. Here are a few questions to help you whittle your list down:

* What values are essential to your life?
* What values represent your primary way of being?
* What values are essential to supporting your inner self?

As a unique individual, you possess certain strengths and weaknesses. Your values matter most to you.

How many core values should you end up with? Too few and you won’t capture all the unique dimensions of your being. Too many and you’ll forget them or won’t take advantage of them. While the number of core values differs for each person, the magic range seems to be between 5 and 10.

Rank them in the order of importance. This is often the most challenging part.

You may need to do this step in multiple sittings. After doing one round of ranking put it aside and “sleep on it.”

Revisit your ranking the next day and see how it sits with you. Then, go through the process again.