

## Core Value Assessment



### Introduction

This summer I took part in a workshop for our spiritual center on choosing our core values and then building out from that a mission statement for our center. Understanding our core values helped us understand our purpose and mission which then help the board of directors set clear, concise goals for the community.

Later in the year, in Calgary Alberta, I attended another workshop where determining our personal core values helped us clarify our dream and plan goals

Doing a Core Values assessment will help you develop a clear path for your future growth and that of your business.

The first part of the assessment takes about 15 to 20 minutes to complete. The second part of the exercises helps you sort the results of your first exercise into the most important core values, and determine a final, 3-5 core values you believe represent how you want to be in the world.

## Part One of Core Values Assessment

In this exercise, work through this list of core values and assign each value a rank between 1 (being the least important to you) to 10 (being the most important value to you). Don't edit your decisions. It doesn't matter how many tens you have or how many ones. \*(This list is adapted from a Jackie Woodside workshop "Uniting the Flame of Infinite Possibilities.")

Value	1	2	3	4	5	6	7	8	9	10
Achievement										
Adventure										
Alignment										
Art										
Authenticity										
Aesthetics										
Community										
Clarity										
Collaboration										
Commitment										
Directness										
Diversity										
Empowerment										
Fun										
Entertainment										
Excellence										
Exercise										
Family										
Financial Independence										
Freedom										
Generosity										
Gratitude										

## Part One Continued

Value	1	2	3	4	5	6	7	8	6	10
Growth										
Happiness										
Health/Wellness										
Honesty										
Humor										
Integrity										
Justice										
Knowledge										
Leadership										
Loyalty										
Order										
Peacefulness										
Planning										
Playfulness										
Prayer										
Religion										
Results										
Risk										
Romance/Intimacy										
Science										
Security										
Self-expression										
Service to others										
Solitude										
Success										
Spiritual Practice										
Spiritual Growth										
Spontaneity										
Transformation										
Work										



### **Part 3 of Core Values Assessment**

Using the list, you created in part two and any insights gained from doing the first two exercises, determine your top five core values and write them in the table below.

#### **My Top 5 Core Values**

**1.**

**2.**

**3.**

**4.**

**5.**

First let me congratulate you for completing this exercise. It shows you are committed to your own growth and that of your business.

I suggest you post your top 5 somewhere you will see them every day. Use them as a way of validating your goals and actions.

Ask yourself, "Does this action (goal, attitude) align with my core values. If there is no alignment reconsider your action, or change it so it does align.

Your next step is to write your purpose statement.