



HEALING TREE
COUNSELLING

WHAT ARE MY CORE VALUES?

Core Values

Every day we get a chance to move towards the things that make our life worthwhile, or to move away from them. And every day we do both multiple times.

Thinking about your core values can help you in a million small ways.

If you are unsure about something you can ask yourself - does this move me closer to who I am, to my core values? or does it move me away from them?

There is no right or wrong.

Moving "towards" is not necessarily always right or even possible.

Moving "away from" is not necessarily always wrong.

What is important is that you consciously know what you are doing.

Acceptance	Calm	Connection
Accomplishment	Candour	Consciousness
Accountability	Capable	Consistency
Accuracy	Careful	Contentment
Achievement	Certainty	Contribution
Adaptability	Challenge	Control
Alertness	Charity	Conviction
Altruism	Cleanliness	Cooperation
Ambition	Clear	Courage
Amusement	Clever	Courtesy
Assertiveness	Comfort	Creation
Attentive	Commitment	Creativity
Awareness	Common sense	Credibility
Balance	Communication	Curiosity
Beauty	Community	Decisive
Boldness	Compassion	Decisiveness
Bravery	Competence	Dedication
Brilliance	Concentration	Dependability
	Confidence	Determination

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Determination	Growth	Organization
Development	Happiness	Originality
Devotion	Hard work	Passion
Dignity	Harmony	Patience
Discipline	Health	Peace
Discovery	Honesty	Performance
Drive	Honour	Persistence
Effectiveness	Hope	Playfulness
Efficiency	Humility	Poise
Empathy	Humour	Potential
Empower	Imagination	Power
Endurance	Improvement	Present
Energy	Independence	Productivity
Enjoyment	Individuality	Professionalism
Enthusiasm	Innovation	Prosperity
Equality	Inquisitive	Purpose
Ethical	Insightful	Quality
Excellence	Inspiring	Realistic
Experience	Integrity	Reason
Exploration	Intelligence	Recognition
Expressive	Intensity	Recreation
Fairness	Intuitive	Reflective
Family	Joy	Respect
Famous	Justice	Responsibility
Fearless	Kindness	Restraint
Feelings	Knowledge	Results-oriented
Ferocious	Lawful	Reverence
Fidelity	Leadership	Rigor
Focus	Learning	Risk
Foresight	Liberty	Satisfaction
Fortitude	Logic	Security
Freedom	Love	Self-reliance
Friendship	Loyalty	Selfless
Fun	Mastery	Sensitivity
Generosity	Maturity	Serenity
Genius	Meaning	Service
Giving	Moderation	Sharing
Goodness	Motivation	Significance
Grace	Openness	Silence
Gratitude	Optimism	Simplicity
Greatness	Order	

WHAT ARE MY CORE VALUES?



Sincerity
Skill
Skillfulness
Smart
Solitude
Spirit
Spirituality
Spontaneous
Stability
Status
Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Talent
Teamwork
Temperance

Thankful
Thorough
Thoughtful
Timeliness
Tolerance
Toughness
Traditional
Tranquility
Transparency
Trust
Trustworthy
Truth
Understanding
Uniqueness
Unity
Valour
Victory
Vigour
Vision

Vitality
Wealth
Welcoming
Winning
Wisdom
Wonder

These are only examples.
Add or make up your own.

Think about these regularly.

How much do you value them. Some will be of more value than others to you.
How much do you want to move towards them?
Does it really matter to you?

Ask yourself these questions.

As I said - there are no right or wrong answers.

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