



Gray Bear Advisors

Identifying Your Personal Values

Circle all the words that resonate with you as your personal values. If a word comes to you that's not on this list, add it! Take your time and consider if these are truly *your* values or if they are values that society or other people tell you *should* be important to you. To narrow it down, ask yourself:

- How do these values define me?
- Is this who I am at my best?
- How do my actions reflect these values?
- Are these values a filter I use to make hard decisions?

After circling all the words that resonate most with you, on the next page write down only the ten most important. These should be the ten that are most important to *you* in how you live your life.

Accountability	Creativity	Growth	Learning	Self-expression
Achievement	Culture	Happiness	Love	Self-respect
Adventure	Curiosity	Hard work	Loyalty	Social recognition
Ambition	Education	Health	Modesty	Spirituality
Appearance	Effectiveness	Helping others	Money	Status
Approval	Energy	Honesty	Motivation	Success
Authenticity	Environment	Humbleness	Nature	Superiority
Authority	Equality	Humor	Open-mindedness	Talent
Awareness	Excellence	Improving society	Persistence	Teaching
Balance	Expertise	Individualism	Personal development	Team work
Belonging	Fairness	Inner peace	Relationships	Tolerance
Career	Family	Integrity	Reputation	Tranquility
Children	Focus	Intelligence	Respect	Trust
Collaboration	Freedom	Joy	Responsibility	Truthfulness
Conformity	Fulfillment	Kindness	Risk taking	Wealth
Contribution	Fun	Leadership	Security	Well-Being

Write the 10 most important words you circled on the previous page below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, in the ten you wrote above, cross out five of them, keeping your most important five. It's hard to drop words at this point because they are all important to you. Think about tough situations when you might be forced to choose between two of these important values. Which do you tend to honor the most in difficult decisions? Once you've crossed out five, pick the three *most* important from the remaining words, and write them below. If you can only get down to four, try harder. The whole point of this exercise is for you to think deeply about those values you hold deeper than any others, the values at the core of your identity and upon which you wish to live your life.

My Core Values

About Gray Bear Advisors

Gray Bear Advisors provides professional coaching, workshops, and publications in a variety of arenas including caregiver and family coaching, executive coaching, business and philanthropic advising, and publishing services. Peter Dudley and Antoinette LeCouteur, the founders of Gray Bear Advisors, have coached hundreds of individuals, run scores of workshops, and spoken both virtually and in person at numerous events. Together they published a "user's guide" for resilience in *RELIT: How to Rekindle Yourself in the Darkness of Compassion Fatigue*.

Find out more at graybearadvisors.com.



"We got off the call and I just felt so much better. Like I'm really getting the help I need to get my work done."

"I'd been seeking balance my whole life and could never quite get there. It always seemed elusive. Our conversations were life-changing for me."

"You think the best you can do is just get through it. But it's possible to actually flourish. There's a possibility that's even greater than you might imagine."

"I have literally been stuck until now. Like literally until today."

