

# The Core Values Inventory



**DR. BURNOUT**  
REIGNITING WITH PASSION AND PURPOSE!

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# The Core Values Inventory

This will be a process of self-discovery! Everyone has a set of core values that are integral to who they are or even to who they profess to be. Our core values may change throughout the different seasons of our life but they are always with us. When we form an opinion, make decisions or judgments we are either honoring or dishonoring our core values in the process.

If you are honoring your core values you are more likely to be happy. If you are dishonoring your core values you are more likely to be miserable. Violating your own core values you will lead to burnout at your job, in your personal life and on living.

To be a person of honor is to possess and display integrity in one's beliefs and actions. This is most easily accomplished through one's core values. This is why everyone should take a Core Values Inventory.

Knowing ones core values will offer crystal clear insight as to who you are. This could be, should be, then used as a guide when making both the large and small decisions affecting your life.



# The Core Values Inventory

We all make choices. All of us will experience consequences as a result of our choosing. If we choose poorly for ourselves the consequences are likely to be undesirable. Alternatively, choosing based on a true reflection of who we are will help to ensure more positive outcomes.

Core value guided decision making helps immensely when choosing a career, a particular job, a mate, friends, associations, even a home or a car. Deciding in this way, in favor of our own core values, promotes synergy between the individual and the life they chose to live and synergy promotes harmony.

Everyone has been confronted at some point in their life with a situation, decision or request from someone that dishonors or goes against their inner compass or core values. Think back in your own life to whenever this has occurred. You probably said or thought something like, "I can't do that" or, "This is not me" or, "That's not who I am."

If you decided in your own favor then you were honoring the core values which were being challenged. Afterward, you probably felt good about your decision.



# The Core Values Inventory

If you went counter to what you were telling yourself at the time and made the decision to proceed against your better judgment then I am 100% certain you dishonored one or more of your core values.

Afterward, you probably felt bad about your decision. What was the ultimate outcome? How did decisions to dishonor your core values affect your life, positively or negatively?

Deciding counter to our core values can lead to lying, cheating, stealing, bankruptcy, relationship problems and all of the attendant negative consequences. Laboring in a career or at a particular job which violates our core values will ultimately lead to burnout. Burnout reflects immense personal dissatisfaction and unhappiness.

Self-inflicted or job related burnout is no state in which to live. It is impossible to live a life of purpose and passion burned out. The best way to avoid burnout is to celebrate and honor your own core values in everything you do and in every decision you make.



# The Core Values Inventory

When you are getting ready to make a decision, large or small, consider first whether or not the decision or potential outcome is in line with your core values.

Determining your top five core values, and your #1 main core value can be challenging but very enlightening and even enjoyable.

So, dive in and enjoy!



# The Core Values Inventory

**Step #1.** On a piece of paper make a list of all of the values you hold dear, the values you would use to describe yourself as having, the values you honor within yourself.

Take your time and be thoughtfully introspective. Do this over the course of a day and a night. Your list might include values such as knowledge, happiness, curiosity, hope, love, friendship, joy, truth, passion, etc. List as many as you can think of that would apply to you.

Don't worry about putting them in any kind of order just now. Be careful when enlisting the help of others. They may give you values they think you have, or wish you had, rather than values you yourself actually possess.



# The Core Values Inventory

**Step #2.** In back of this workbook there is an extensive list of common positive human values. Review this list just to see if you feel any of them apply to you.

If some of them resonate with you but do not appear on your list from Step #1 then go ahead and add them.

Skip over any that do not apply to you then move on to Step #3 once you have finished running the list.



# The Core Values Inventory

**Step #3.** Answer each the following questions on separate pieces of paper:

1.) When I was a kid I used to LOVE to \_\_\_\_\_.  
Write down all of the things you used to love to do as a child, the things you tried to do as often as possible which brought you joy, happiness and contentment.

2.) My strengths are \_\_\_\_\_.  
List all of the strengths you see in yourself now as an adult.

3.) As an adult I LOVE to \_\_\_\_\_.  
List all of the things you LOVE to do as an adult which bring you joy, happiness and contentment.

4.) What two or three things or activities make you OVER-THE-TOP happy? \_\_\_\_\_.





# The Core Values Inventory

Now, for each of the questions above, write down all of the values that are being **honored** in each of your answers. The values you write down may be the same as some of the ones you generated in Steps #1 and #2 or you may come up with some different ones.

It's okay if some of them are the same. You may list more, or you may list less than in the first exercise. Just write down your impression of which values are being **honored** in the answers to each of these questions.

Write them down on the same separate pieces of paper as the answer to each question. Try not to look back at previous value lists.



# The Core Values Inventory

**Step #4.** These are the last series of questions to answer. These serve to expand the capability of capturing a more accurate picture of your core values. Be sure to answer each question on a separate piece of paper.

1.) How would you answer this question? I am passionate about \_\_\_\_\_.

You can list more than one thing but list only the thing(s) you are truly passionate about in your life right now.

2.) My career(s) have been \_\_\_\_\_.  
List all of them.

3.) This really, truly, undeniably TICKS ME OFF!!!

\_\_\_\_\_.  
Describe as accurately as possible what gets you maximally hot under the collar.

4.) Describe the worst day of your life that you can recall. As painful as it may be, write down what happened to make it the worst day of your life.

\_\_\_\_\_.



# The Core Values Inventory

5.) Describe your perfect day. I mean YOUR PERFECT DAY! What would it look like? What would you do? Where would you go? What would you eat? Be as precise as possible and write it out in one paragraph.

6.) What is your favorite color? \_\_\_\_\_.

7.) Describe the best day you can remember as a child, your happiest day. What were you doing? What were you thinking? Were you by yourself or with someone? What made it so special? Answer this in one paragraph.

8.) Last one. If you could be any animal you could be, which one would you be? You could be a bird, a reptile or a mammal. So, what would you be? \_\_\_\_\_.



# The Core Values Inventory

**Step #5.** Now, go back to your answers to each of the last series of questions. Choosing only from the lists of values you generated in Steps #1, #2, and #3, write down the values that were either being **honored** or **dishonored** for each of your answers. There may be just one value or more than one value that is either being **honored** or **dishonored**.

Some values you will use once, some multiple times and others not at all. You should do this for each of your answers, even with the answer to the question of what animal you would be. For instance, as you picture yourself as the animal you chose, what values does that animal represent to you, which you would be honoring as that animal. For instance, I chose my favorite bird, the owl. To me, owls represent wisdom, knowledge and patience.



# The Core Values Inventory

**Step #6.** Look back over all of the value lists you have generated. You will notice some of them have been used twice, some have been used multiple times and some have only been used once. Make a new list of values using only the ones that have been used more than once and write beside each of them exactly how many times they have appeared in your lists. If a value has been used only once, we are done with it so do not include it on this new list. But do not throw them away.

You should now have at least five values that were used more than once. Pick the five values that appear most often in your lists. If there is a tie for the fifth value then choose which of the two fits you best. These are your top five core values. They have been your guide throughout your life. Although, you may not have honored or celebrated them as well as you might have. This will not be the case moving forward. From this point on, in all that you do, you should intentionally strive to honor your top five values.



# The Core Values Inventory

**Step #7.** Now, just like a table has four legs for support, four of these values are the ones that support you and your main core value. Only one of them is your strongest, main core value. Just as the legs of a table can not stand alone without the table's top, your main core value is what binds the other four values all together. Once your top 4 core values are bound together by your main core value, they will in turn support it and You. Your main core value is supported by the four, and the MAIN ONE ties them all together so become enabled to offer you their support. These five core values are your mirror and your reflection. Together, they form a clearer image of who you are.

Now, if multiple values appear an equal number of times in your top five list then you will have to decide which among them is your main core value. You will do this by starting with any two and asking yourself, "If I can only keep one of these two values then I will keep \_\_\_\_\_. Keep doing this until you get down to the one main core value that you can not set aside. That will be your main core value.



# My Top Four Core Values Are:

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.

My Main Core Value Is:

\_\_\_\_\_





# Core Vales List

Ability	Affluence	Availability
Abundance	Aggressiveness	Awareness
Acceptance	Agility	Awe
Accessibility	Alertness	Balance
Accomplishment	Aliveness	Beauty
Accountability	Altruism	Being-ness
Accuracy	Amazement	Being the best
Achievement	Amusement	Belief
Acknowledgement	Anticipation	Belongingness
Action	Appreciation	Beneficent
Activeness/Activity	Approachability	Benevolence
Adaptability	Approval	Blissfulness
Adequacy	Artistry/Art	Boldness
Adoration	Articulacy	Bravery
Adroitness	Assertiveness	Brilliance
Advancement	Assurance	Briskness
Adventure	Attentiveness	Buoyancy
Affection	Attractiveness	Calmness





# Core Vales List

Camaraderie	Closeness	Consistency
Candor	Cognizance	Contemplation
Capability	Coherence	Contentment
Care/Caring	Comfort	Continuity
Carefulness	Commitment	Contribution
Celebrity	Community	Control
Certainty	Compassion	Conviction
Challenge	Competence	Conviviality
Change	Complacency	Coolness
Charity	Competition	Cooperation
Charm	Composure	Copiousness
Chastity	Concentration	Cordiality
Cheerfulness	Confidence	Correctness
Clarity	Conformity	Country
Classiness	Congruency	Courage
Cleanliness	Connection	Courtesy
Clear-mindedness	Consciousness	Craftiness
Cleverness	Conservation	Creativity



# Core Vales List

Credibility	Dignity	Economy
Cunning	Diligence	Ecstasy
Curiosity	Diplomacy	Education
Daring	Direction	Effectiveness
Decisiveness	Directness	Efficacy
Decorum	Discernment	Elation
Dedication	Discipline	Elegance
Depth/Deepness	Discovery	Empathy
Deference	Discretion	Encouragement
Delicacy	Diversity	Endurance
Delight	Dominance	Energy/Energetic
Dependability	Dreaming	Engagement
Depth	Drive	Enjoyment
Desire	Durability	Enlightenment
Determination	Duty	Entertainment
Devotion	Dynamism	Enthusiasm
Devoutness	Ease	Equality
Dexterity	Eagerness	Ethics/Ethical



# Core Vales List

Euphoria	Fame	Formidableness
Exactness	Family	Fortitude
Excellence	Fascination	Frankness
Excitement	Fashion	Freedom
Exhilaration	Fearlessness	Free-thinking
Expectancy	Ferocity/Fierceness	Freshness
Expediency	Fidelity	Friendliness
Experience	Financial freedom	Friendship
Expertise	Fineness	Frugality
Exploration	Finesse	Fun
Expressiveness	Firmness	Gallantry
Extravagance	Fitness	Generosity
Extroversion	Flexibility	Gentility
Exuberance	Flow	Genuineness
Evolution	Fluency	Giving
Facilitating	Fluidity	Goodness
Fairness	Focus	Grace
Faith/Faithful	Forgiveness	Graciousness



# Core Vales List

Gratefulness	Humor	Intelligence
Gratitude	Hygiene	Intellect
Gregariousness	Imagination	Intensity
Growth	Immovable	Intimacy
Guidance	Impact	Intrepidness
Happiness	Impartiality	Introversion
Hardiness	Impeccability	Intuition
Harmony	Independence	Intuitiveness
Health	Individuality	Investing
Heart	Industry	Inventiveness
Helpfulness	Influence	Involvement
Heroism	Informative	Joy/Joyfulness
Holiness	Ingenuity	Judiciousness
Honesty	Inquisitiveness	Justice
Honor	Insightfulness	Keeness
Hope/Hopefulness	Inspiration	Kindness
Hospitality	Instinctiveness	Knowledge
Humility	Integrity	Lasting



# Core Vales List

Lavishness	Meekness	Obedience
Leadership	Meaningfulness	Objective
Learning	Mellowness	Open-mindedness
Legacy	Mercy	Openness
Liberation	Meticulousness	Opportunity
Liberty	Mindfulness	Optimism
Lightness	Moderation	Opulence
Liveliness	Modesty	Order
Logic	Motivation	Organization
Longevity	Mysteriousness	Originality
Love	Nature	Outdoors
Loyalty	Neatness	Outlandishness
Majesty	Neighborly	Outrageousness
Making a difference	Nerve	Partnership
Malleable	Nimble	Passion
Marriage	Noble	Patience
Mastery	Non-conformity	Peacefulness/Peace
Maturity	Nurturing	Perceptiveness



# Core Vales List

Perfection	Potency	Qualifications
Performance	Power	Quietness
Perkiness	Practicality	Quickness
Perseverance	Pragmatism	Rationality
Persistence	Precision	Realism
Personable	Preeminence	Readiness
Persuasiveness	Preparedness	Reason
Philanthropy	Presence	Reasonableness
Piety	Pride	Recognition
Planning	Privacy	Recreation
Playfulness	Proactivity	Refinement
Pleasantness	Proficiency	Reflection
Pleasure	Professionalism	Relaxation
Plenty/Plentiful	Prosperity	Reliability
Poise	Prudence	Relief
Polish	Punctuality	Religion
Politeness	Purity	Reputation
Popularity	Purpose	Resilience



# Core Vales List

Resolution	Self-control	Skillfulness
Resolve	Selflessness	Smartness
Resourcefulness	Self-realization	Sophistication
Respect	Self-reliance	Solidarity
Responsibility	Self-respect	Solidity
Restfulness	Self-sufficiency	Solitude
Restraint	Sensitivity	Sophistication
Reverence	Sensuality	Soundness
Richness	Serenity	Speed
Rigor	Service	Spirit
Sacredness	Sexuality/Sexiness	Spirituality
Sacrifice	Sharing	Spontaneity
Sagacity	Shrewdness	Spunk
Saintliness	Significance	Stability
Sanguinity	Silence	Status
Satisfaction	Silliness	Stealth
Science	Simplicity	Stillness
Security	Sincerity	Strength



# Core Vales List

Structure	Thrift	Valor
Sturdiness	Tidiness	Variety
Substantiality	Timeliness	Victory
Success	Togetherness	Vigor
Sufficient	Toughness	Virtue
Superiority	Tradition	Vision
Support	Tranquility	Vitality
Supremacy	Transcendence	Vivacity
Surprise	Tribe	Volunteering
Sympathy	Trust	Warm-heartedness
Synergy	Trustworthiness	Warmth
Tactfulness	Truth	Watchfulness
Teaching	Understanding	Wealth
Teamwork	Unflappability	Wholesomeness
Temperance	Uniqueness	Willfulness
Thankfulness	Unity	Willingness
Thoroughness	Usefulness	Winning
Thoughtfulness	Utility	Wisdom





# Core Vales List

Wittiness

Wonder

Worthiness

X - ?

Youthfulness

Zeal

Zen

Zest

Zing

Add Others Here: