



Vialchemy Core Values Exercise

Why is understanding our core values important?

Core values are the fundamental principles that guide our actions in life. These principles or beliefs are what we view as being of central importance. We use our core values as the foundation on which we perform work and conduct ourselves on a daily basis. When life gets busy, we may drift from our values without realizing it. By articulating and deeply understanding our core values, we can align our life decisions to what matters most to us. This exercise will help ground you to these foundational principles and enable you to create the best version of yourself. While completing this exercise try to record your first response without any judgment and without overanalyzing.

A three-step approach to understanding your core values: Past, Present, Future.

Step 1: Recognizing the core values from your past

Glance through the list of adjectives on the final page and **highlight** the values that have been deeply rooted in your past, including but not limited to your childhood. From the list of highlighted words select your top 3 and write them below. Next to each word write one sentence on what this value means to you.

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Step 2: Recognizing the core values from your present

Glance through the list of adjectives on the final page and **bold (or circle)** the values that you have seen in yourself over the more recent years of your life. From the list of highlighted words select your top 3 and write them below. Next to each word write one sentence on what this value means to you.

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Step 3: Recognizing the core values you aspire to cultivate in your future

Glance through the list of adjectives on the final page and **underline** the values that you have seen in yourself over the more recent years of your life. From the list of highlighted words select your top 3 and write them below. Next to each word write one sentence on what this value means to you.

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Reflection Questions:

1. From step 1, list your top 3 values from your past. Next to each one, identify the origin (or source) these values are rooted from (ex: family, tradition, media, religion, etc). Once you understand the source write one to two sentences on how this makes you feel. Are these values true to your deepest understanding of yourself?
2. From step 2, list your top 3 values from your present. In a few sentences describe which values have changed and which ones remain the same. What are some of the reasons your values have shifted over the recent years?
3. From step 3, list your top 3 aspirational values for your future. Next to each one, write 2 or 3 examples of how you can cultivate these values into your future self.

Want to take it one step further?

Step 4: Recognizing the core values you appreciate most in others

1. In a different color, highlight the values that you most appreciate in the people you most enjoy spending time with (ex: friends, family, teachers, mentors, role models). From the list of highlighted words select the top 3 and write them below. Next to each word write what this value means to you. Do these values differ from your own? If so how does this make you feel?



List of Core Values:

Abundance, Acceptance, Accomplishment, Accountability, Accuracy, Achievement, Advancement, Adventure, Advocacy, Ambition, Appreciation, Attractiveness, Autonomy, Balance, Beauty, Boldness, Brilliance, Calmness, Caring, Challenge, Change, Charity, Charisma, Cheerfulness, Clarity, Cleverness, Comfort, Community, Commitment, Communication, Compassion, Competence, Cooperation, Collaboration, Confidence, Contemptment, Connection, Consistency, Contribution, Courage, Creativity, Credibility, Curiosity, Daring, Decisiveness, Dedication, Dependability, Discipline, Diversity, Effectiveness, Efficiency, Empathy, Empowerment, Encouragement, Entertainment, Enthusiasm, Ethics, Excellence, Excitement, Expressiveness, Fairness, Faith, Faithfulness, Family, Financial stability, Fitness, Friendships, Flexibility, Focus, Forgiveness, Freedom, Fun, Generosity, Gratitude, Grace, Greatness, Growth, Happiness, Hard work, Harmony, Health, Hope, Honor, Honesty, Humility, Humor, Improvement, Inclusiveness, Independence, Individuality, Inner Peace, Innovation, Inspiration, Integrity, Intelligence, Intuition, Joy, Justice, Kindness, Knowledge, Leadership, Learning, Love, Loyalty, Making a difference, Meaning, Mindfulness, Money, Motivation, Optimism, Open-Mindedness, Originality, Passion, Patience, Peace, Perfection, Performance, Personal Development, Pleasure, Power, Popularity, Positive Attitude, Perseverance, Proactivity, Problem solving, Professionalism, Progress, Prosperity, Preparedness, Pride, Punctuality, Purpose, Quality, Recognition, Risk Taking, Relationships, Reliability, Religion, Resilience, Resourcefulness, Respect, Responsibility, Responsiveness, Results-oriented, Safety, Satisfaction, Security, Service, Self-Control, Self-Respect, Selflessness, Simplicity, Skill, Spirituality, Spontaneity, Stability, Status, Structure, Success, Teamwork, Thankfulness, Thoughtfulness, Tradition, Transformation, Trust, Truth, Understanding, Unity, Uniqueness, Usefulness, Variety, Versatility, Vision, Warmth, Wealth, Well-Being, Wisdom, *(You can add your own words too!)*