Core Values

Exercise: What are my core values?

1. Print and cut out these value cards: https://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf
2. Make three piles for “very important to me”, “important to me”, and “not important to me”
3. Place each value card in the pile that best describes the importance level for that value.
4. If there is a value that isn’t represented in a card, write it on one of the three “other value” cards.
5. When you’re all done sorting the cards, count the number of values in each pile and scroll to the next slide.

Do you have less than 5 values in the “not important” column?

Less than 4?

Less than 3?

Did you decide something was important purely because it’s something you think you ”should” find important?

Do you have more “very important” values than “important” values?

Is the number of“very important” values is greater than your “important” values by 10 or more?

How did you decide whether something was an “important” value, or if it was a “very important” value?

If you had to make a decision that conflicts between two very important values, how would you decide?

Internet exercise: What are my core values #2

1. Take a look over the values in your columns again.
2. See if they fit the following definitions
    - Very Important: If I am not able to live this exact value, my life will be fundamentally dissatisfying, even if I am able to live other values.
    - Important: Living these values enriches my life satisfaction and/or purpose
    - Not Important: These values do not enrich my life satisfaction and/or purpose
3. Resort the value cards as needed
4. Sort the “very important to me” cards so that they’re ordered in most important to least important.

Reflection: Core Values

- Do you think the core values you have on your list align with the top priorities in your life?
  - The projects you take on?
  - How you spend your time/energy?
- What did you learn about yourself with that exercise?