

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Identifying Your Core Values

CORE VALUES

What are the values that live at the core of your being?

What is it you care about most in this world?

Our core values can be used as a guiding light to help us navigate whatever might come our way – in the workplace, at home, or in the community



IDENTIFYING YOUR CORE VALUES:

Reflect upon the following prompts, or write your responses in a journal. Identify 3–5 core values.

- Consider the people you admire most. What is it you admire about them?
- What would your perfect world look like? What principles would govern this world?
- As a young child, what did you care most about? Are these values still alive within you?
- What would you like to see more of in this world?

There are no right or wrong answers to these questions. Each of us holds a unique set of core values. For extra insight, come back to these questions in a few days and see if anything new arises.

EXAMPLES OF CORE VALUES:

- Compassion
- Commitment
- Authenticity
- Integrity
- Respect
- Open-Mindedness
- Honesty
- Equality
- Freedom
- Tolerance
- Beauty
- Fairness
- Originality
- Sustainability
- Diversity
- Belonging
- Kindness
- Excellence
- Intelligence
- Harmony
- Responsibility
- Integrity
- Courage
- Creativity

Consider the difference (if any) between your work values and your home values. If there is a gap, how can you bring these different sets of values into greater alignment?

"Open your arms to change, but don't let go of your values." – HH the 14th Dalai Lama