



Your Core Values

When our world changes drastically, or is turned completely upside down, it can leave us feeling lost or stressed out for many reasons.

Of course the things we see in the world around us are sad and scary; and the drastic changes to our lifestyles are overwhelming. But at times the upset can feel so personal that it seems to make no sense to us.

Often the key to making sense of that comes with understanding exactly *what* it is about this that you are personally struggling with. And with that, coming to learn what you can give yourselves in order to feel more emotionally and mentally cared for until you're back on solid ground again.

In my experience one of the biggest things to help with that is in defining your core values; the things at the very heart of you that define the way you look at and interact with the world.

These values represent the very fabric of who we are and how we behave, yet we so rarely stop to think about and focus on them.



Finding your core values

Take some time now to ponder the list overleaf, and any other core values which spring to mind, and to pull out of this the things that are really important to you. From there keep narrowing down the list until you have five to seven which are more vital to you.

You may well find that different values apply to different parts of your life. If that's the case, feel free to create two lists: one for your life in general and another for your love and relationships.

Remember also that your values aren't fixed and may well change throughout your life, but this exercise looks at your values right now.

The list below is not exhaustive; feel free to add any words which spring to mind or which you feel have been forgotten from this list to create your own list of values.

What's most important to you

When you're comfortable with your list, rank each of your values according to their importance to you; look at the list overall and think about which you'd choose if you could only have one of them in your life, then two, and so on...

This is all about understanding what's most important to you so that you can understand yourself and your own needs a little better.



Acceptance
Achievement
Action
Adaptability
Adventure
Altruism
Ambition
Appreciation
Authenticity
Authority
Balance
Beauty
Belonging
Challenge
Choice
Collaboration
Commitment
Community
Compassion
Competition
Connection
Consistency
Continuous improvement
Courage
Creativity
Detail
Directness
Education
Empathy
Empowerment
Equality
Escape
Excellence
Excitement
Experience
Expertise
Faith
Family
Financial reward
Fitness
Focus
Freedom
Friendship
Frugality
Fulfilment
Fun
Grounding
Happiness
Health
Helping others
Heroism
Honesty
Humour
Integrity
Justice
Peace
Qualifications
Reaching potential
Recognition
Reliability Respect
Responsibility
Results
Risk taking
Romance
Routine
Security
Self-expression
Service
Sharing
Socialising
Solitude
Spirituality
Success
Teaching
Tolerance
Truth
Teamwork
Travel
Variety
Wellbeing
Wisdom
Zest for life



Meeting your own needs

Once you know your values, you can start to understand what they mean in the day to day, and how you can start to fulfil your own needs for yourself...

Of course that will differ from moment to moment, core value to core value and situation to situation. But once you have your final list of core values, take the time to go through them one by one and think about the following:

- If you close your eyes and visualise yourself living in the fullness of that value, how does life look? What's going on? How does it feel?
- What else that you currently experience in life, or have experience in the past, puts you in that same mindset or helps you to feel that same way?
- On a scale of 1-10 how do you feel now in comparison to that?
- What could help you to feel more fully in that feeling or value right now?
- What, to you, is the opposite of this value, and how would it feel to experience that?
- Are there situations in your life right now which cause you to feel in opposition to this value? If so, how can you balance out or minimise those situations and experiences?

Meeting your own needs

This isn't an easy exercise. And it shouldn't be – this is deep and potent work. However, that doesn't mean that it should be a struggle.

If you're finding this particularly challenging then stop and come back to it another time. Next time around, rather than taking your time to really think about it, just go with the first things that come to mind. Use your gut instinct and then return to your picks later to see how they make you feel.

And remember, you don't have to work through the outputs of this exercise alone. If they're something you're struggling with then get in touch to book a free 30-minute Soul-Led Therapy session,(with no further bookings necessary!) in which I'd be more than happy to support you with this.

www.cerynrowntree.com
Soul-Led Therapist

