

# Mindset

BEFORE METHODS

## Core Values Activity

### Identifying Your Core Values



Our mindset (aka our beliefs and values) is powerful because our mindset impacts our thoughts, feelings, actions, and ultimately our decisions.

To achieve a shift in mindset (ours or others), we begin by identifying our core values. We begin by thinking about the beliefs we hold sacred.

Review the list of values on the following pages.

Which words represent what matters most in your life?

Which words represent what you stand for?

Try not to overthink it and don't limit the number of words that resonate. Simply circle all those that you feel are a core value. If there is a value not on the list, be sure to add it.

### Grouping Your Core Values



Once you have an extensive and comprehensive list, then group the core value words by making up to five groupings.

You can group words based upon similar meanings (e.g., all have to do with learning, all have to do with emotional intelligence, all are related to your work ethic, all are words you aspire to demonstrate daily), or in any way that makes sense to you.

Acceptance  
Activity  
Adaptability  
Adventure  
Affection  
Agility  
Agressiveness  
Alert  
Ambition  
Anticipate  
Anticipation  
Appreciation  
Approachability  
Approachable  
Articulacy  
Assertive  
Assertiveness  
Attentive  
Attentiveness  
Audacity  
Availability  
Awareness  
Balance  
Beauty  
Belonging  
Benevolence  
Bold  
Bravery  
Brilliance  
Brilliant  
Calm  
Calmness  
Capable  
Caring  
Certainty  
Challenge  
Character  
Charity  
Charm

Equity  
Exhilarating  
Exuberance  
Experience  
Exploration  
Extrovert  
Fairness  
Faith  
Family  
Fascination  
Fashion  
Fearless  
Ferocious  
Fidelity  
Fierce  
Firm  
Fitness  
Flexibility  
Flexible  
Fluency  
Focus  
Forgiveness  
Fortitude  
Frankness  
Fresh  
Fresh Ideas  
Fun  
Generosity  
Genius  
Giving  
Global  
Grace  
Gratitude  
Growth  
Guidance  
Happiness  
Harmony  
Health  
Heart

Play  
Potency  
Potential  
Power  
Practical  
Precision  
Prepared  
Preservation  
Proactive  
Profane  
Professionalism  
Profits  
Progress  
Prosperity  
Prudence  
Punctuality  
Purity  
Pursuit  
Quality  
Quality of Work  
Rational  
Reason  
Recognition  
Recreation  
Reflection  
Relationships  
Resilience  
Resolution  
Resolve  
Resourceful  
Resourcefulness  
Respect  
Responsibility  
Restraint  
Results  
Results-Oriented  
Rigor  
Risk  
Risk Taking

Clear-Minded  
Collaboration  
Comfort  
Communication  
Community  
Compassion  
Competition  
Comprehensive  
Confidence  
Conformity  
Connection  
Continuity  
Cooperation  
Correct  
Courage  
Creative  
Cunning  
Curiosity  
Daring  
Decisive  
Delight  
Democratic  
Devout  
Different  
Diligence  
Direction  
Directness  
Discovery  
Down-to-Earth  
Drive  
Dynamism  
Eagerness  
Effective  
Endurance  
Enjoyment  
Entertainment  
Enthusiasm

Hope  
Humble  
Humility  
Imagination  
Impact  
Impartial  
Independence  
Ingenuity  
Inquisitive  
Inspiration  
Integrity  
Intuition  
Inviting  
Joy  
Judiciousness  
Leadership  
Level-Headed  
Liberation  
Logic  
Love  
Making a Difference  
Maturity  
Merit  
Meticulous  
Modesty  
Motivation  
Mystery  
Nerve  
Open-Minded  
Optimism  
Organization  
Original  
Passion  
Patience  
Perfection  
Persistence  
Personal Growth

Security  
Self-Directed  
Self-Motivation  
Self-Reliance  
Sense of Humor  
Sensitivity  
Service  
Significance  
Simplicity  
Skillfulness  
Smart  
Spontaneous  
Stealth  
Strength  
Structure  
Surprise  
Synergy  
Systemization  
Thorough  
Timely  
Tolerance  
Tradition  
Trust  
Truth  
Unique  
Uniqueness  
Unity  
Useful  
Value  
Variety  
Victory  
Vigor  
Vulnerability  
Well-Being  
Wonder  
Zeal  
Zest

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### Prioritizing Your Core Values

From each of your groupings, select a single word that best represents the label for the group, resonates with you the most, and/or you feel should be ranked the highest.

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Circle, re-write, or in some other way, highlight this single word for each of your groups.



### Personalizing Your Core Values

Now you are ready to write your purpose statement. A statement that reflects your current mindset and can be used to guide your decision-making both professionally and personally.

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Using the top ranked value words (see step 3), generate a single statement, or up to three statements, keeping the highly ranked value words "front and center".

For example, if your top value words were: hope, growth, service, and challenge, you might generate a purpose statement that reads:

*"I work and live from a place of hope...where I employ a growth mindset and help others find solutions despite conflicting policies and challenging circumstance."*

### Additional Resources:

- [Click here to read blog by Dr. Kristie Pretti-Frontczak - "What's At Your Core?"](#)
- [Click here to read the back story on the activity by Jonathan Fields - "Know What Matters"](#)
- [Click here to request access to a version of the activity related to "Blended Practices"](#)
- [Click here to download a shorter version of the activity](#)