



BARRY DEMP COACHING

## CORE VALUES EXERCISE

**STEP 1:** From the list of Core Values on the next two pages, check the top 20 that are most important to you.

**STEP 2:** From the 20 you have checked, circle the 10 values that are the most important to you.

**STEP 3:** Complete the following sentence: “The three personal values most important to me are...”

**STEP 4:** Based on your response to Step 3, answer the questions on the last page.

# CORE VALUES

- |  |   |
|--|---|
| <input type="checkbox"/> Achievement                 | <input type="checkbox"/> Knowledge  |
| <input type="checkbox"/> Advancement and promotion   | <input type="checkbox"/> Leadership   |
| <input type="checkbox"/> Adventure                   | <input type="checkbox"/> Location   |
| <input type="checkbox"/> Affection (love and caring) | <input type="checkbox"/> Loyalty  |
| <input type="checkbox"/> Arts                        | <input type="checkbox"/> Market position  |
| <input type="checkbox"/> Challenging problems        | <input type="checkbox"/> Meaningful work  |
| <input type="checkbox"/> Change and variety          | <input type="checkbox"/> Merit  |
| <input type="checkbox"/> Charity                     | <input type="checkbox"/> Money  |
| <input type="checkbox"/> Close relationships         | <input type="checkbox"/> Nature   |
| <input type="checkbox"/> Community                   | <input type="checkbox"/> Being around people who are<br>open and honest                         |
| <input type="checkbox"/> Compassion                  | <input type="checkbox"/> Order (tranquility, stability,<br>conformity)                          |
| <input type="checkbox"/> Competence                  | <input type="checkbox"/> Personal development (living up to<br>the fullest use of my potential) |
| <input type="checkbox"/> Competition                 | <input type="checkbox"/> Physical challenge   |
| <input type="checkbox"/> Cooperation                 | <input type="checkbox"/> Pleasure   |
| <input type="checkbox"/> Country                     | <input type="checkbox"/> Power and authority  |
| <input type="checkbox"/> Creativity                  | <input type="checkbox"/> Privacy  |
| <input type="checkbox"/> Decisiveness                | <input type="checkbox"/> Public service   |
| <input type="checkbox"/> Democracy                   | <input type="checkbox"/> Purity   |
| <input type="checkbox"/> Ecological awareness        | <input type="checkbox"/> Quality of what I take part in   |
| <input type="checkbox"/> Economic security           | <input type="checkbox"/> Quality relationships  |
| <input type="checkbox"/> Effectiveness               | <input type="checkbox"/> Recognition  |
| <input type="checkbox"/> Efficiency                  | <input type="checkbox"/> Respect from others  |
| <input type="checkbox"/> Ethical practice            | <input type="checkbox"/> Religion   |
| <input type="checkbox"/> Excellence                  | <input type="checkbox"/> Reputation   |
| <input type="checkbox"/> Excitement                  | <input type="checkbox"/> Responsibility and accountability                                      |
| <input type="checkbox"/> Expertise                   | <input type="checkbox"/> Security   |
| <input type="checkbox"/> Faith                       | <input type="checkbox"/> Self-respect   |
| <input type="checkbox"/> Fame                        | <input type="checkbox"/> Serenity   |
| <input type="checkbox"/> Fast living                 | <input type="checkbox"/> Service to others  |
| <input type="checkbox"/> Fast-paced work             |   |
| <input type="checkbox"/> Fidelity                    |   |
| <input type="checkbox"/> Financial gain              |   |

- |                          |                      |                          |                     |
|--------------------------|----------------------|--------------------------|---------------------|
| <input type="checkbox"/> | Freedom              | <input type="checkbox"/> | Sophistication      |
| <input type="checkbox"/> | Friendships          | <input type="checkbox"/> | Spirituality        |
| <input type="checkbox"/> | Growth               | <input type="checkbox"/> | Stability           |
| <input type="checkbox"/> | Having a family      | <input type="checkbox"/> | Status              |
| <input type="checkbox"/> | Helping other people | <input type="checkbox"/> | Supervising others  |
| <input type="checkbox"/> | Helping society      | <input type="checkbox"/> | Time freedom        |
| <input type="checkbox"/> | Honesty              | <input type="checkbox"/> | Trust               |
| <input type="checkbox"/> | Independence         | <input type="checkbox"/> | Truth               |
| <input type="checkbox"/> | Influencing others   | <input type="checkbox"/> | Wealth              |
| <input type="checkbox"/> | Inner harmony        | <input type="checkbox"/> | Wisdom              |
| <input type="checkbox"/> | Integrity            | <input type="checkbox"/> | Work under pressure |
| <input type="checkbox"/> | Intellectual status  | <input type="checkbox"/> | Work with others    |
| <input type="checkbox"/> | Involvement          | <input type="checkbox"/> | Working alone       |
| <input type="checkbox"/> | Job tranquility      | <input type="checkbox"/> | Others              |

Adapted from The Fifth Discipline Fieldbook

Based on the three values you consider the most important, please answer the following questions:

1. What had you select these values over the rest? Why are they so important?
  
  
  
  
  
  
  
  
  
  
2. How would your life be different if those values were more prominent?
  
  
  
  
  
  
  
  
  
  
3. Are you committed to living a life in which these values are fully expressed?