



Cheat Sheet: Discovering Your Core Values

"Your values are the compass guiding your career decisions. When you align your work with your core values, you feel energised, fulfilled, and motivated. Let's uncover what truly matters to you."

What Are Core Values?

Core values are the fundamental beliefs that drive your decisions and actions. They reflect who you are at your core and shape your professional satisfaction.

Step-by-Step Guide to Discovering Your Core Values:

01.

Reflect on Peak Moments

- Think about the times in your life when you felt happiest and most fulfilled.
- Ask yourself: *What was happening? Who was involved? What made it meaningful?*

02.

Identify What You Can't Compromise On

- Recall situations where you felt uneasy or out of place.
- Ask yourself: *What felt wrong? What values were being ignored or violated?*

03.

Create a Values List

- Review a list of common values (e.g. honesty, creativity, growth, family, security).
- Highlight any that resonate deeply. Aim for 10-15 values to start.

04.

Narrow It Down

- Group similar values together (e.g., honesty and integrity).
- Choose your top 5-7 core values.

05.

Test Your Values

- Reflect on whether these values show up in your daily life and career.
- Ask: *Are these truly non-negotiable for me?*

Quick Wins:

- ✓ Write down your top 5 values and display them where you'll see them daily.
- ✓ Align your next big decision (career move, project, or goal) with your core values.
- ✓ Share your values with someone you trust for feedback and accountability.

Challenge of the Week:

Spend one day journaling every decision you make, from work-related tasks to personal choices. Reflect on how these align—or don't—with your core values.

Pro Tips for Living Your Values:

- **Create Boundaries:** Learn to say no to tasks or roles that don't align with your values.
- **Use Your Values as a Career Filter:** Before accepting a job or project, ask yourself: Will this honour my core values.

Mini Case Study:

Sarah, a marketing professional, felt stuck in her job. After identifying her core values (creativity, autonomy, and growth), she realised her role didn't align. Sarah transitioned to a freelance career, where she could honour her values. The result? Increased happiness, productivity, and career satisfaction.

Motivational Reminder:

Living in alignment with your core values isn't just about professional success—it's about creating a life you're proud of. You have the power to choose a path that honours who you truly are.

Bonus Resource:

Download a free Core Values Worksheet to guide you through the process