



## Establishing Your Core Values

Your core values are those values or beliefs that guide your daily behaviour. People who are resilient have well defined and thought-out values. It helps guide them about how to live their life, make tough decisions, and it helps establish boundaries.

We define and develop our values everyday, both consciously and unconsciously. For instance, someone who was shamed or hurt by others may have vowed that they will strive never to shame or hurt others. Whereas, someone else who has had the same experience, may vow that they will get revenge on anyone who hurts them. Both have made a values decision. While determination of our values is guided by our individual and family experiences as well as our spiritual and cultural beliefs, it is an evolving process rather than an exact science.

Now how about you? Are you ready to spell out your governing values? Here are some sample values that may help you get started:

- I seek excellence.
- I try to lift up others
- I am honest
- I act in a competent manner.
- I serve others.
- I am creative
- I am generous.
- I am self-sufficient.
- I am innovative.
- I wish to live with grace and wisdom.
- I look for peaceful interactions

If you're ready, then follow these simple steps:

1. Set some time aside, a minimum of one hour.
2. Identify phrases that represent values that have directed your life up to this point.
3. Identify phrases that represent values you wish to incorporate in your life from this point forward.
4. Clarify those phrases and write a statement about each one and how it shows itself in your life.
5. Are any of your values harmful to you or others? Do they represent selfish or selfless behaviour?
6. Set them in order of priority. Relax! There's no wrong way to do this.
7. Carry them with you. Review them every two months and change as needed.

You may find it useful to write down your values and keep them in mind. Some people leave them posted at their desk or on the fridge. A public declaration like that serves as a reminder as well as encouraging them to be accountable.