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COACHING

4

Simple Steps
to Identify Your
Core Values





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This assessment will help you **identify your core values**—the invisible forces that drive your energy, decisions, and fulfillment. You'll sort values into categories, narrow down to your Top 15, then 10, and finally your Core 5 values. By the end, you'll have clarity on what matters most to you and how well your career aligns with these values.

● Step 1: Sort Your Values

First, let's get a broad view. Below is a list of 50 values. Place each value into one of four categories:

- **Non-Negotiable** (Always Valued): Core drivers you can't live without.
- **Important but Flexible** (Sometimes Valued): Matter to you, but not in every season.
- **Occasional Priority** (Seldom Valued): Nice to have, but not central.
- **Not Important to Me** (Never Valued): Don't resonate with you.

Sort each value into the category that fits best for you. This is like shuffling a deck—just trust your gut.

Acceptance	Creativity	Health	Love
Accountability	Curiosity	Honesty	Mastery
Achievement	Discipline	Impact	Power / Influence
Authenticity	Empathy	Independence	Professionalism
Balance	Excellence	Innovation	Respect
Belonging	Faith / Spirituality	Integrity	Responsibility
Challenge	Family	Joy / Happiness	Security
Clarity	Focus	Justice	Stability
Collaboration	Freedom	Kindness	Success
Community	Friendship	Knowledge	Wealth
Compassion	Generosity	Leadership	Wisdom
Confidence	Gratitude	Learning	
Courage	Growth	Legacy	





Non-Negotiable (Always Valued): Core drivers you can't live without.	Important but Flexible (Sometimes Valued): Matter to you, but not in every season.	Occasional Priority (Seldom Valued): Nice to have, but not central.	Not Important to Me (Never Valued): Don't resonate with you.

Now that you've sorted your values, take a step back and look at the bigger picture. **Which piles feel heavy? Which feel light?** This reflection sets the stage for narrowing down to the values that matter most.





Step 2: Narrow Your Values

From your Non-Negotiables pile, it's time to dial it in:

1. Sharpen Your Values

Select ONLY 15 values from your Non-Negotiable - list the ones that truly stand out.

Non-Negotiable List 15 values

2. Define The Essentials

From those, cut down to your Top 10 Values—the ones that feel like essentials.

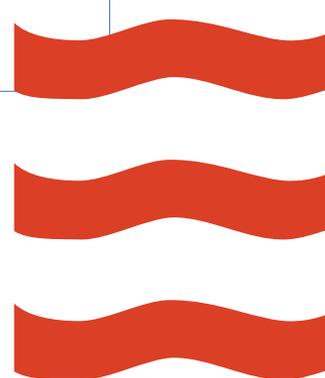
Non-Negotiable List 10 values

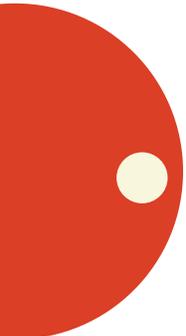
3. Discover Your Core

Cut again to Core 5 Values—your nonnegotiable anchors, the ones that guide everything.

Non-Negotiable List 5 values

This narrowing process is where clarity really starts to emerge. It might feel tough to cut things out, but remember: **focus creates freedom.**

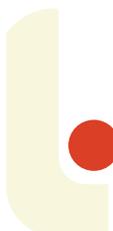




Step 3: Reflect on Your Core 5

You've arrived at your Core 5 Values. These are the compass points that guide your decisions and shape your sense of fulfillment. Take a few moments to answer these reflection questions:

- Which of your Core 5 values feels **most aligned** with your current work or career?
- Which value feels **most neglected** or under pressure right now?
- If your career fully honored all 5 of these values, **what would change in your life?**



Step 4: Next Steps

Your Core Values are your **anchors and compass points**—the foundation for building a life and career filled with clarity, purpose, and fulfillment.

Take the next step in applying this insight to your journey, and let's get you moving toward meaningful, energizing work that truly fits who you are.

Visit startbecomingagain.com to find a coaching package that will help turn these values into a roadmap.

