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LEADERSHIP COACHING+  
RETREAT EXPERIENCES

Core Values are qualities that represent who we are, what we believe and can serve as a guidepost when we make decisions. When we prioritize what we value, we can experience life + work with greater ease and more personal fulfillment.

## **What are Core Values?**

- A value is a way of being or believing that we hold important
- What matters most to us
- What drives our decision making, priorities, and boundaries
- Who we are when we are being our truest
- What we prioritize
- The state where we feel most like ourselves
- Internal compass
- North star
- A filter when we need to make decisions
- Guardrails to keep us on our path + in integrity
- Where we feel most alive or know when something is not right
- Your core values represent who you are as a whole, integrated person, no matter which arena of your life you show up in (personal or professional, public or private).

## Step 1: Curiosity

Look at the list of values from Brene Brown's Dare to Lead hub. Circle everything on the list that feels resonant.

Accountability	Achievement	Adaptability	Adventure	Altruism
Achievement	Authenticity	Balance	Beauty	Being the Best
Ambition	Career	Caring	Collaboration	Commitment
Belonging	Compassion	Competency	Confidence	Connection
Community	Contribution	Cooperation	Courage	Creativity
Contentment	Dignity	Diversity	Environment	Efficiency
Contribution	Ethics	Excellence	Fairness	Faith
Curiosity	Financial	Forgiveness	Freedom	Friendship
Equality	Stability	Give Back	Grace	Gratitude
Family	Generosity	Health	Home	Honesty
Fulfillment	Harmony	Humor	Inclusion	Independence
Fun	Humility	intuition	Job Security	Joy
Growth	Integrity	Knowledge	Leadership	Learning
Hope	Kindness	Love	Loyalty	Order
Initiative	Leisure	Openness	Optimism	Perseverance
Justice	Nature	Patriotism	Peace	Reliability
Legacy	Patience	Pride	Recognition	Safety
Parenting	Power	Responsibility	Risk Taking	Serenity
Resourcefulness	Respect	Self-Expression	Self-REspect	Stewardship
Security	Self-Discipline	Spirituality	Sportsmanship	Travel
Service	Simplicity	Time	Tradition	Usefulness
Success	Teamwork	Understanding	Uniqueness	Wisdom
Trust	Truth	Wealth	Well-Being	
Vision	Vulnerability			
Wholeheartedness	Create Your Own:	_____	_____	_____
				_____



### **Step 3: Narrow**

- Start to narrow your list to 10–15 values.
- Try to avoid values you think you 'should' have (see below for Aspirational Values).
- Consider values that no longer resonate: from your upbringing, society values, external pressures, etc. There are no right or wrong values.
- Group your values into clusters. What words feel similar to you? Gather them together and see what value they ladder up to.

#### **My Example:**

Under my Core Value of Connection, I have this collection of words:

*Family, leadership, teaching, mentorship, coaching, travel, supporting others, listening, inner growth, connection, movement*

When I look at these words, they all ladder up to Connection. I teach because I desire to connect with my students. How I show up in parenting is deep connection with my children. Why I coach is to support others through 1-1 connection.

The result of these collection of values is Connection.

#### **Aspirational Values**

When getting curious about Core Values, we often connect with Aspirational Values: Values that we admire in others. Ways of being that we aspire towards. We can work towards bringing these values more fully into our lives, yet Core Values are qualities that we naturally embody when we are most connected to self.

#### **Action:**

Go back to your list. Reflect on which ones are your Core Values vs. Aspirational. Journal about your top 3 on the next page.



## Step 4: Action

Once you have your condensed list, it is time to play with them. Bring more awareness to situations that you are in and experiences that you have.

- When you are experiencing joy and feel content, what values are present?
- When you need to make a challenging decision, how can you take action aligned with your values?
- Share your list with someone that you trust. Ask for their feedback. How do you show up for them? How would they describe you when you are most fully yourself?

Have patience with the process. We don't need have it perfect or all figured out. As you can, reflect on situations where you felt joyful as well as disconnected. What can you learn?

I encourage you to come back to this work at least once a year to get clear and create action on living a life that prioritizes what matters most to you.

Would you like additional support on discovering your values?

Schedule a complimentary discovery call today.

[www.shericolosimo.com/book](http://www.shericolosimo.com/book)