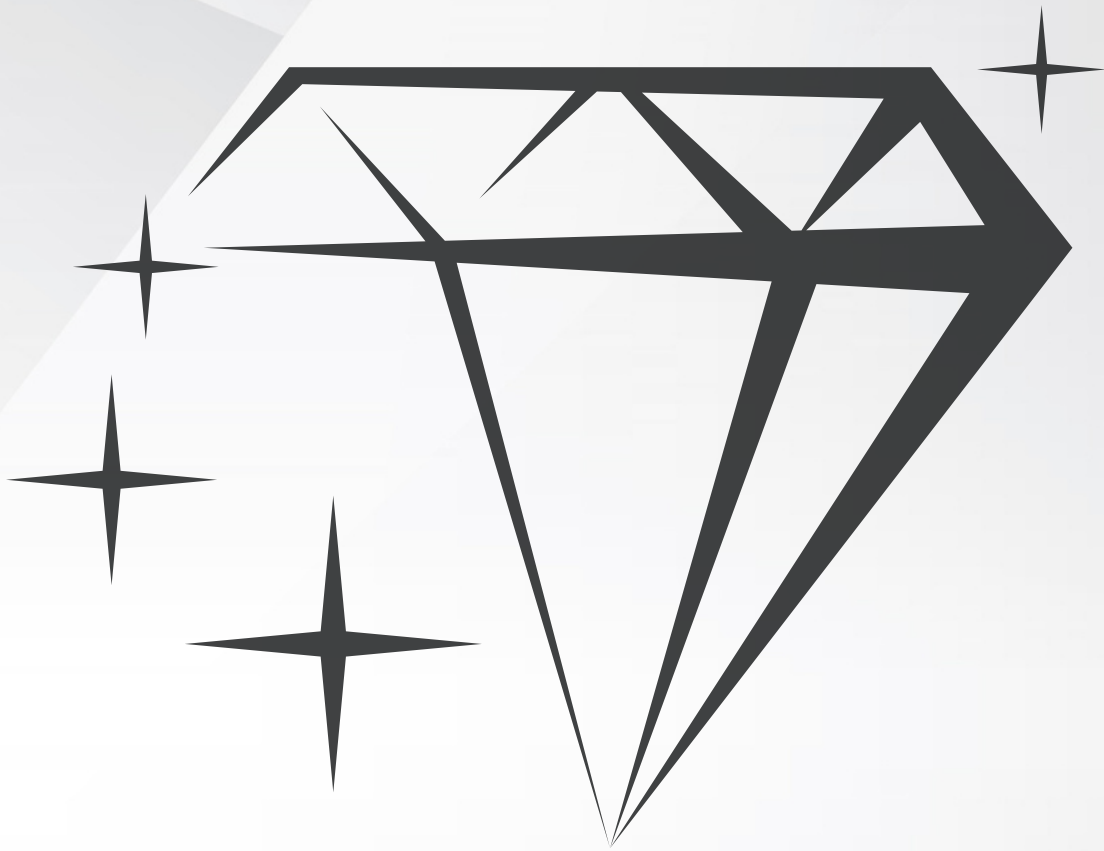


CORE VALUES



A HUMAN INFUSION PROJECT
GUIDEBOOK

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(Re)Identifying Core Values

Our values are like a compass that points us to our 'true self'. The following questions present will help you to clearly identify your personal values.

Exercise 1: Can you reflect back on a moment where you felt happy, fulfilled and proud of yourself?

Take some time to describe this moment in detail; identify what elements of this situation, in particular, led to these feelings of happiness, fulfillment and pride.

1. What were you doing?
2. Were you with other people? Who?
3. What other factors contributed to your happiness?

NOTES:



In the same way that we feel happy and fulfilled when we're living out our values, we can also experience feelings of regret, sadness and emptiness when we are not living out our values.

Exercise 2: Now take a few moments to consider a time when you felt most regretful?

Describe the details of this situation/memory; what was it specifically that led to these feelings of regret?

NOTES:



Feeling frustrated or unfulfilled can often be a sign that our values might be being quashed, perhaps by parts of ourselves or by external situations or other people.

Exercise 3: Identify a time when you felt frustrated, unfulfilled, empty or annoyed?

Make a note of the particular elements of this situation that led to these feelings of frustration, unfulfillment, and emptiness.

NOTES:



There are certain activities that we can find ourselves doing that engross us and cause us to get in the 'flow'. These are usually activities that are challenging, rewarding and when we're doing them, we often lose track of time.

Exercise 4: Make a list of any activities where you experience this 'flow'? What is it specifically that you enjoy so much about these activities?

NOTES:



There are certain people that we come across in life who we find inspiring and embody qualities or live lives that we aspire to

Exercise 5: Consider anyone like this that you've come across. Who are your role models? What qualities about these individuals do you admire?

NOTES:



When do other people usually turn to you for help? What qualities and gifts do you identify in yourself?

Exercise 6: What are my natural gifts and qualities?

NOTES:



Exercise 7: Determine your most important values, based on your experiences of inner peace. Consider why each experience is so memorable and important?

Use the list of common personal values on the next page to help you get started – aim for approximately 10 top values.

(As you work through this exercise, you may find that some of these values naturally combine. For example, if you value generosity, philanthropy, and community, you could say that serving others is one of your top values.)

NOTES:



Core Values

(examples)

Accountability	Discretion	Practicality
Accuracy	Diversity	Purpose
Achievement	Effectiveness	Professionalism
Adventurousness	Efficiency	Progress
Authenticity	Empathy	Reliability
Ambition	Enthusiasm	Resourcefulness
Assertiveness	Equality	Restraint
Balance	Excellence	Relationships
Belonging	Excitement	Security
Boldness	Exploration	Self-Actualization
Calmness	Expressiveness	Self-control
Carefulness	Fairness	Significance
Challenge	Faith Freedom	Selflessness
Clear-Mindedness	Generosity	Self-Worth
Commitment	Goodness	Spontaneity
Community	Giving	Stability Sharing
Compassion	Growth	Teamwork
Connection	Hard Work	Temperance
Consistency	Giving	Truth
Contentment	Honesty	Thoroughness
Self-Improvement	Hope	Timeliness
Contribution	Humility	Tolerance
Certainty	Independence	Traditionalism
Creativity	Ingenuity	Trustworthiness
Decisiveness	Identity	Truth-seeking
Dependability	Justice	Understanding
Determination	Leadership	Uniqueness
Devoutness	Legacy	Unity
Diligence	Love Loyalty	Vision Vitality
Discipline	Obedience	Authenticity
	Openness	

Note: Although this list of potential values is thorough, it is not necessarily complete. **Please feel free to add to the list if required**



As you work through this list (and add others you come up with) , you may find that some of these values naturally combine. So take a few moments and see if you can prioritize and group your 'top' values. We may have a long list of qualities that we value. But their priority may change over our lifetime.

Also, for the purpose we're going to use them for on a daily basis, remembering 3 or 4 primary 'umbrella' values is often easier than a longer list. So see if you can group together the ones you've selected, or added and ask yourself, is there **one** 'umbrella' Core Value that could *represent* several others as a whole?

Examples: if you selected "discipline", "commitment" and "resourcefulness" as important values, perhaps "Leadership" could be the over-arching value that represents the other three values. Because resourcefulness, commitment and discipline are all traits of Leadership.

If you value "generosity", "philanthropy", and "community", you could say that "serving others" is one of your core values. You may even be able to group 5 or 6 different values under one more-encompassing Core Value. Aim to come up with 3-4 core, encompassing values that you could repeat easily if someone asked you what yours are: " My Core Values are _____, _____, _____ and _____. "

NOTES:



Exercise 8: Now take a few moments to **prioritize** your 'top' values

This step is usually the most challenging as you'll have to look deep within yourself. However, it's also the most important step, because, when you're faced with a decision, you may have to choose between solutions that will satisfy different values.

This is when it's crucial to know which value is more important to you. Without worrying about the order, make a list of your top 10 values.

Look at the first two values on the list and ask yourself, 'If I could only satisfy one of these, which one would I choose?'

Work your way through the list, comparing each value with each of the other values until you've got your list in the correct order for you.

NOTES:



Exercise 9: Reaffirming your values - Now take a few moments to check your top- priority values, and make sure they fit with your life and your vision for yourself.

1. Do these values you've chosen make you feel good about yourself?

2. Are you proud of your top three values?

3. Would you be comfortable to tell people you respect about your values?

4. Do these values represent things you would support, even if your choice weren't popular, and it puts you in the minority?

When you take into consideration your values in decision-making, you can be certain to keep a sense of integrity and what you know is right, while being able to approach decisions with confidence and clarity.

You'll also know that what you're currently doing is motivated by the progress that you want to make in life. It's not always easy to make value-based choices, but it will more than likely make life much easier in the long run.

NOTES:



KEY POINTS:

- Identifying and taking the time to understand your values is an important and challenging exercise. Your personal values are central to who you are – and who you want to become.
- By becoming more aware of these important factors in your life, you can *use them as a guide to make the best choice in any situation*. Some of life's decisions are really about determining what you value most.
- When *many* options seem reasonable, it can be comforting and helpful to rely on your core values, *using them as a strong guiding force* to point you in the right direction.





If you have any questions, feel free to contact me
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