

WHAT IS YOUR CORE

Value?

First, believe and be.
Second, plan and do.

Mindy York



BELLE-HAMPTON
Consulting

INTRODUCTION

What are Core Values?

The meaning of values has evolved over time. The term "value" is abstract and can vary in interpretation from person to person. Originally used in finance to denote net worth, it later came to signify intrinsic worth.

Values are an important part of you and something to strive to attain. They can be considered as your personal north star, guiding you towards your life's purpose and giving it meaning and direction. Your values influence your actions, decisions, and behaviors and play a significant role in motivating you in life.

However, carefully choosing the words that represent your values also requires a definition since each word can have a different meaning depending on a person's beliefs, values, and experiences. For instance, the term Patriotism may hold different meanings for different people based on its multifaceted and complex nature, historical context, political polarization, personal experiences, and emotional attachments. What might be an aspirational value to you might bring a polarizing view to another.

After making your selection of values, ask yourself the following questions. Do you think there is a better word that represents the meaning you intend? For instance, instead of using "Patriotism," would you use "Bravery," "Honor," or "Service" to better capture your values? Or do these words get encapsulated in the definition of "Patriotism?"

Although we may have many values that guide our actions, only a select few are considered our core values. This doesn't mean that the other values are unimportant; it's just that they are not as essential in shaping our identity and who we aim to become. For individuals, core values often represent their deeply held personal beliefs and convictions.

Why?

It is important to establish values and their definitions for several significant reasons.

Values are essential principles that can guide our decisions and actions. They should be an integral part of our lives and help us find direction and purpose. When we embrace values that resonate with our true selves, they become a driving force that influences our way of life. Honesty, compassion, or resilience are examples of values that can add depth and meaning to our existence. Values help us prioritize what truly matters and make choices that align with our beliefs. In today's world of distractions and temptations, holding onto our values can provide clarity and fulfillment.

Values can help us stay steady, especially during life's challenges. When we face adversity or uncertainty, our values can act as an anchor to which we can hold on. They provide us with a moral compass that helps us navigate difficult decisions and stay true to our principles. During trying times, values offer stability and resilience, enabling us to endure hardships with grace and integrity. Therefore, values are not just abstract concepts but tangible pillars of strength that keep us grounded when life throws its curveballs.

Moreover, values can create long-lasting connections with others. When individuals share common values, it forms a strong foundation for meaningful relationships and connections. Values serve as a bridge that brings people together, fostering trust, understanding, and empathy. Whether in personal friendships, romantic partnerships, or within communities and organizations, shared values create a sense of unity and cohesion. Such connections can endure the test of time and adversity as values provide a common ground that binds people in a deeper, more profound way. In today's world, which often feels fragmented, the power of shared values can bring people closer and create a sense of belonging and purpose.

“Values are like fingerprints. Nobody’s are the same, but you leave them all over everything you do.”

Elvis Presley



Core values are like unique fingerprints left on your heart and soul. They guide you to live life as your true self, rather than just reacting to random events. These values provide you with a sense of direction in life. Knowing what you value and how to express those values can help you better understand yourself.

Understanding how you connect with others, including your family and friends, can provide valuable insights. By knowing what motivates people, you can create stronger connections and improve your relationships. As a family, identifying common values can help you establish a clear direction and answer the question, “What do we represent collectively?”

This short eBook serves as a canvas to define your core values individually and for the family. As an advisor, coach, and mentor, we will walk you through the steps to customize it for your individual needs.

Individual Core Values Exercise

Name: _____



Core Values

A core values exercise is a structured process that helps individuals and families express their fundamental beliefs and principles. Through reflection and discussion, it promotes self-awareness, alignment, and a clearer sense of purpose. This exercise is a valuable tool for personal development, team building, and strategic planning, fostering a more authentic and values-driven approach to life.

INSTRUCTIONS:

1. Review the list of values.
2. Think about each value mean to you. Check the values that are most important to you. Don't overthink it.
3. Review the values you checked to determine your top 10. Pick words that will stay on your list, combine similar ones, and cut less relevant ones.
4. If an important value is not on the list, write it on the blank line provided.
5. Narrow the list to five values and place it on the Top Core Values list.
6. Think about a statement defining each value and why it is important to you.

Core Values						
Accountability	Contribution	Fun	Individuality	Peace	Simplicity	
Adaptability	Courage	Generosity	Ingenuity	Perseverance	Spirituality	
Adventure	Creativity	Gratitude	Initiative	Philanthropy	Strength	
Altruism	Curiosity	Growth	Innovation	Productivity	Sustainability	
Artistry	Dependability	Hard Work	Integrity	Professionalism	Teamwork	
Authenticity	Determination	Harmony	Joy	Quality	Thoughtfulness	
Balance	Empathy	Happiness	Justice	Recognition	Tolerance	
Beauty	Entrepreneurship	Health	Kindness	Resilience	Tradition	
Bravery	Excellence	Honesty	Knowledge	Respect	Trustworthiness	
Community	Fairness	Honor	Leadership	Responsibility	Uniqueness	
Compassion	Faith	Hope	Loyalty	Sacrifice	Wisdom	
Competition	Family	Humility	Optimism	Self-Control	Other:	
Connection	Forgiveness	Humor	Patience	Serenity		
Consistency	Freedom	Independence	Patriotism	Service		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Family Core Values Exercise



INSTRUCTIONS:

1. Summarize and review the list of each Individual Values from the prior exercise. Pick out similar ones.
2. Discuss which are the top 5 across family members.
3. Refine the definition, which may include a value removed from the value list.
Note: The first section will automatically populate from the prior page.

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		



Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

Top Core Values	Definition	Why is it important
1.		
2.		
3.		
4.		
5.		

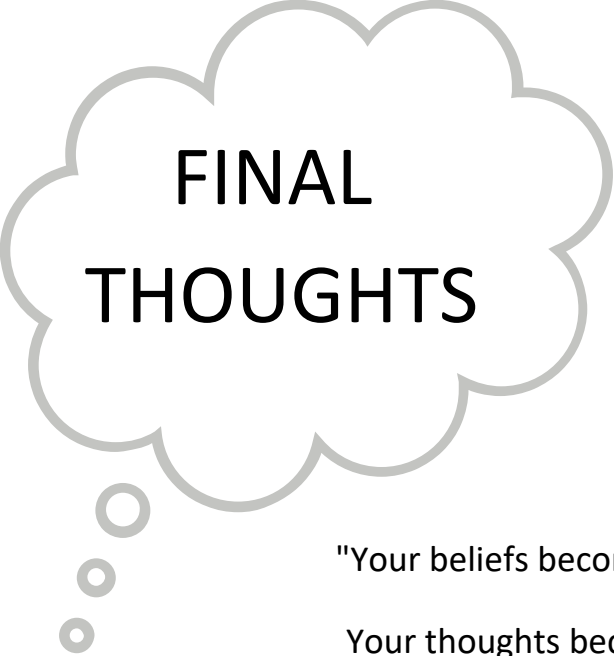
Family Core Values Summary



INSTRUCTIONS:

1. Summarize the core values list with the definition.
2. Determine how to display the values to keep them in front of everyone.

Top Core Values	Definition
1.	
2.	
3.	
4.	
5.	



FINAL THOUGHTS

"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."

Mahatma Gandhi

This quote emphasizes the interconnectedness of one's beliefs, thoughts, words, actions, habits, and values, ultimately shaping one's destiny. It underscores the importance of having strong and positive core values as they can profoundly impact the course of one's life. While this quote may not explicitly mention "core values," it effectively conveys their significance in shaping our lives and character.

Next Steps



You have your core values; now what?

Now is the time to define your Individual Purpose Statement and
Your Family's Vision and Mission

See our other eBooks for the Individual Purpose Statement and
Family Vision/Mission/Core Values Statement at
www.bellehamptonconsulting.com



Tom and Madeline Hoge live on their historic farm, Belle Hampton, in Dublin, VA. They are passionate about sharing the story of their journey. If you have questions about how to find your purpose, goal setting, or Family Governance, contact them at:

madeline@belle-hampton.com

513-659-0095