

TESS MILLER | MUSICIAN • COACH



Core Values Discovery Exercise

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Ready to Fly

So, you're ready to discover your values- Congratulations! Carve out some time for yourself to go through this process. Values can change over time, so you might also discover that a value you once had is no longer true for you. And you might benefit from returning to this exercise later down the road.

Here are some questions to help unveil your values:

What do you get giddy with excitement about? _____

What makes you really mad and upset instantly? _____

Who do you wish you could be some day? _____

When you are really motivated to do something, what are you doing? _____

You feel most authentically yourself when you are _____

Now, read your answers and write down words that reflect WHY you answered the way you did. For example, if I get giddy with excitement about family movie night, my “why” for that is that I value family time. If what makes me mad instantly is seeing someone bullied, my “why” could be that I value social justice. If the person I admire is one of my mentors who has overcome great adversity, my “why” might be that I value perseverance. I might demonstrate a value of creativity if I get really motivated to put together an innovative recital. And my value of listening and connecting with others is definitely honored when I am conducting a coaching session.

For help on choosing some values words, please use the hand list on the following pages.

Good luck, and remember to have fun taking care of and honoring YOU!!!

Take your time looking through this list Choose the words that resonate with you the most. Choose your top 10.

Acceptance	Beauty	Communication
Accomplishment	Belonging	Community
Accountability	Boldness	Compassion
Accuracy	Bravery	Competence
Achievement	Brilliance	Competition
Action	Calmness	Completion
Adaptability	Candor	Composure
Adventure	Capability	Comprehensive
Affection	Carefulness	Concentration
Aggression	Certainty	Confidence
Alertness	Challenge	Confidentiality
Altruism	Change	Conformity
Ambition	Character	Connection
Amusement	Charity	Consciousness
Anticipation	Cheerfulness	Consistency
Appreciation	Citizenship	Contentment
Approachability	Clarity	Continuity
Assertiveness	Cleanliness	Contribution
Attentiveness	Cleverness	Control
Availability	Collaboration	Conviction
Awareness	Comfort	Cooperation
Balance	Commitment	Coordination
	Common Sense	

Correctness	Discipline	Equality
Courage	Discovery	Equity
Courtesy	Discretion	Ethical
Craftiness	Diversity	Excellence
Craftsmanship	Dominance	Excitement
Creativity	Dreaming	Exciting
Credibility	Drive	Exuberance
Cunning	Duty	Experience
Curiosity	Eagerness	Expertise
Customer Service	Economy	Exploration
Daring	Education	Expressiveness
Decency	Effectiveness	Extroversion
Decisiveness	Efficiency	Fairness
Dedication	Elegance	Faithfulness
Democracy	Empathy	Family
Dependability	Empowerment	Fame
Depth	Encouragement	Fashion
Determination	Endurance	Fearlessness
Development	Energy	Ferociousness
Devotion	Engagement	Fidelity
Discernment	Enjoyment	Fierceness
Differentiation	Entertainment	Firmness
Dignity	Enthusiasm	Fitness
Diligence	Entrepreneurship	Flair
Directness	Environment	Flexibility

Fluency	History	Irreverence
Focus	Holiness	Joy
Foresight	Honesty	Justice
Formality	Honor	Kindness
Fortitude	Hopefulness	Knowledge
Freedom	Hospitality	Leadership
Freshness	Humility	Learning
Friendliness	Humor	Legality
Friendship	Hygiene	Level-Headedness
Frugality	Imagination	Liberty
Fun	Impartiality	Listening
Generosity	Improvement	Liveliness
Genius	Independence	Logic
Goodness	Individuality	Longevity
Goodwill	Industry	Love
Gratitude	Innovation	Loyalty
Greatness	Inquisitiveness	Mastery
Growth	Insight	Maturity
Guidance	Inspiration	Meaning
Happiness	Integrity	Meritocracy
Hard Work	Intelligence	Meticulousness
Harmony	Intensity	Mindfulness
Health	Intuition	Moderation
Helpfulness	Invention	Modesty
Heroism	Investing	Motivation

Mysteriousness	Poise	Realistic
Neatness	Polish	Reason
Obedience	Popularity	Recognition
Open-Mindedness	Positivity	Recreation
Openness	Potency	Reflection
Optimism	Potentiality	Relationships
Organization	Power	Relaxation
Originality	Pragmatism	Reliability
Outrageousness	Precision	Resilience
Partnership	Preservation	Resolution
Passion	Pride	Resolve
Patience	Privacy	Resourcefulness
Patriotism	Proactiveness	Respect
Peace	Productivity	Responsibility
Perceptiveness	Professionalism	Responsiveness
Perfection	Profitability	Rest
Performance	Progress	Restraint
Perseverance	Prosperity	Results
Persistence	Prudence	Reverence
Personal	Punctuality	Rigor
Development	Purity	Risk
Personal Growth	Pursuit	Sacrifice
Persuasiveness	Quality	Safety
Philanthropy	Rationality	Satisfaction
Playfulness	Realness	Security
Pleasantness		

Self
Awareness
Self-Control
Self-Directed
Selflessness
Self-Reliance
Sense of Humor
Sensitivity
Serenity
Seriousness
Service
Sharing
Shrewdness
Significance
Silence
Silliness
Simplicity
Sincerity
Skillfulness
Solitude
Speed
Spirituality
Spontaneity
Stability
Standardization
Status

Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Sympathy
Synergy
Systemization
Talent
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtfulness
Timeliness
Tolerance
Toughness
Tradition
Tranquility
Transparency
Trustworthiness
Truth
Understanding

Uniqueness
Unity
Universality
Usefulness
Utility
Valor
Variety
Victory
Vigor
Virtue
Vision
Vitality
Warmth
Watchfulness
Wealth