



of Greater Indianapolis

## DISCOVERING YOUR CORE VALUES

**Ages:**

12-14, 15-18

**Description:**

During this activity you will follow guided questions to uncover what really matters to you.

**Time:**

20-30 minutes

**Materials Needed:**

- Pen / Pencil
- Paper or Journal
- Anything to decorate page with (stickers, markers, pens, etc.)

**Instructions:**

Before we begin, take a minute to clear your mind. Spend one minute with your eyes closed, breathing in and out slowly, focusing on your breath. This will help you be in a positive mindset during this activity.

During this activity, we will dig into our values, motivations, and passions to better understand who we are as a person. By getting to know ourselves better, we can identify our Core Values.

Core Values are a person's fundamental beliefs that guide their actions and set their priorities. When making decisions about our lives, our Core Values help us determine if we are on the right path to fulfill our goals.

**Examples of Core Values**

[Brené Brown](#), a renowned author who writes about vulnerability, courage, and authenticity, compiled a list of common Core Values. Check out her list below to better understand what a Core Value is.

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# *list of values*

Accountability  
Achievement  
Adaptability  
Adventure  
Altruism  
Ambition  
Authenticity  
Balance  
Beauty  
Being the best  
Belonging  
Career  
Caring  
Collaboration  
Commitment  
Community  
Compassion  
Competence  
Confidence  
Connection  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Curiosity  
Dignity  
Diversity  
Environment  
Efficiency  
Equality  
Ethics  
Excellence  
Fairness  
Faith  
Family  
Financial stability

Forgiveness  
Freedom  
Friendship  
Fun  
Future generations  
Generosity  
Giving back  
Grace  
Gratitude  
Growth  
Harmony  
Health  
Home  
Honesty  
Hope  
Humility  
Humor  
Inclusion  
Independence  
Initiative  
Integrity  
Intuition  
Job security  
Joy  
Justice  
Kindness  
Knowledge  
Leadership  
Learning  
Legacy  
Leisure  
Love  
Loyalty  
Making a difference  
Nature  
Openness  
Optimism  
Order  
Parenting  
Patience  
Patriotism  
Peace  
Perseverance

Personal fulfillment  
Power  
Pride  
Recognition  
Reliability  
Resourcefulness  
Respect  
Responsibility  
Risk taking  
Safety  
Security  
Self-discipline  
Self-expression  
Self-respect  
Serenity  
Service  
Simplicity  
Spirituality  
Sportsmanship  
Stewardship  
Success  
Teamwork  
Thrift  
Time  
Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth  
Well-being  
Wholeheartedness  
Wisdom

**Write your own:**

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## Finding Your Own Core Values

Now that we understand what a Core Value is, we will explore how we relate to six different topics to help us determine our own Core Values, our own set of beliefs that guide us through life.

We will think about:

- Passions
- Family & Community Values
- Obstacles you've overcome
- Roles & Responsibility
- Motivation
- Themes I live my life by

Before we begin, take a blank piece of paper and make a chart to track your thoughts. Use the chart below as an example or create your own format.

NAME	
PASSION	
FAMILY VALUES	3 THINGS I HAVE OVERCOME:
ROLES AND RESPONSIBILITIES	
WHAT MOTIVATES ME?	THEMES I LIVE MY LIFE BY:

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It is time to jump into the deep thinking! Use the prompts below to think about each of the topics. Jot down notes in your chart to refer to later.

### Topic 1: Passion

What are you passionate about? What do I spend a lot of time doing or thinking about? What do I become emotional (excited, sad, motivated) about when I think or talk about it?

This may be something that comes to mind quickly. Do not limit yourself to only one passion. Think deeply about things you wouldn't feel the same without.

You may learn more about your passions throughout this activity. Feel free to come back to this section throughout the activity.

### Topic 2: Family & Community Values

Knowing what is important to our families and communities is necessary when thinking about what we value and find important. What things are important to the trusted adults and family members in my life? Do I also think these things are important? If not, why may my beliefs be different?

### Topic 3: Roles & Responsibilities

What role do you play in your household? In your friend group? In your community? Are you the peacekeeper? Are you a leader? Are you the thinker and the planner?

How do you relate to the other people in those groups? What are your relationships with your friends and family like?

### Topic 4: 3 Things I Have Overcome

What challenges have you overcome?

Divide challenges you have overcome into two categories, internal and external. Have you stopped biting your nails or started treating yourself with more kindness? These are internal challenges – things you have control of as an individual. Have you recently repaired a relationship with a friend through communication? This is an external challenge – something you can only address with the cooperation of others.

How were you able to overcome these things? What was difficult about overcoming them? What did you learn about yourself? What values did you gain? Did you use your values during these obstacles?

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### Topic 5: What Motivates & Inspires Me

What ignites you? What inequalities inspire you to make change? What do you hope for? What do you dream of? Do you see yourself changing the lives of millions of people? Are you driven by education and the joy of learning? If you could do anything in the world, what would it be?

### Topic 6: What themes do I live my life by

Do you see bravery as the only option? What traditions hold in your heart as the highest of importance and significance. Are there patterns that you can notice that seem to be a part of your identity?

## **Identify Your Core Values**

Look at your notes and circle or highlight common words or phrases you see. What do these words and phrases have in common? Do they point to a Core Value?

You can compare these words and phrases with the list of Core Values Brené Brown compiled (you can also identify values not included on Ms. Brown's list).

On a new piece of paper, make a list of three (or more!) Core Values you identified.

## **How Can You Live Your Core Values?**

Evaluating Your Core Values: If you value independence maybe that means you do not want to depend on anyone financially, or maybe it means you want to make decisions yourself. Think about these words and how they apply to your life

Be Proud of Your Core Values: These values will help make you the incredible person you are, so shout them from the rooftops.

Uphold Your Core Values: Don't let a couple of small choices get in the way of what you truly believe in. Always let these values guide you.

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## ACTIVITY RECAP

### Discovery Questions:

- What did you learn about yourself during this activity? Were you surprised at the values you chose for yourself?
- How do you plan to show respect to your Core Values? How can you respect other's Core Values?
- What can you do today to uphold one of the values that you have? What would happen if you didn't uphold a value?
- With a parent/guardian's permission, share with us your values on our Instagram page with the tag @girlsincindy.

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