



# Identify Your Core Values

Change is more likely to stick when you choose something that is consistent with your higher values. What you identify as your core values will help guide you toward what you are most passionate about when it comes to play. Your values drive your emotions and will help you make the decisions that matter for your daily personal play journey. They are the reasons you show up in life every single day.

*Values silently guide our actions.* Like using a map or a GPS to help get you to your destination, your values drive your motivation to move forward or hold you back in fear. When you understand who you are and where you are going, it is easier to decide the path you want to take day in and day out. Your values can change over time, but understanding what you value deepens your understanding of what is truly inspiring you. Values make life and play meaningful.

Here is a list of values. Choose three to five that speak to you personally (feel free to add any you don't see here) and write them on the following page.

achievement	excellence	optimism
adventure	fairness	openness
appearance	faith	peace
authenticity	family	perseverance
authority	forgiveness	persistence
balance	friendship	personal growth
belonging	fun	play
boldness	growth	pleasure
challenge	happiness	power
community	health	prosperity
compassion	helping	rationality
competence	honesty	recognition
competition	humour	respect
contribution	integrity	security
courage	leadership	self-control
creativity	love	self-respect
curiosity	loyalty	selfishness
education	intimacy	stability
empathy	kindness	teamwork
environment	knowledge	tolerance
exercise	neatness	tradition

**What three to five values are the most significant to you?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

With those values in mind, can you establish a sentence or two that aligns your values with your play mission? Here's an example:

I value my health. Play is a way to combine my sense of adventure and community with taking care of my family. I want to continue personally growing in this area.

**Your turn:**

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