

MAKING DECISIONS BASED ON CORE VALUES

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Often times when making decisions, it can be difficult to find the balance between listening to our feelings and listening to logic. I'm sure there are times when you went with your feelings and your feelings led you astray. Similarly, there have probably been times when you chose the decision based on sound logic, and still had some regrets. When making decisions, if we can get clear about our values, we can choose the options that align with those values. We will, in turn, feel more satisfied with the decisions that we make.

Take a look at the following list of core values.



Accountability	Excellence	Perfection
Accuracy	Excitement	Piety
Achievement	Expertise	Positivity
Adventurousness	Exploration	Practicality
Altruism	Expressiveness	Preparedness
Ambition	Fairness	Professionalism
Assertiveness	Faith	Prudence
Balance	Family-orientedness	Quality-orientation
Being the best	Fidelity	Reliability
Belonging	Fitness	Resourcefulness
Boldness	Fluency	Restraint
Calmness	Focus	Results-oriented
Carefulness	Freedom	Rigor
Challenge	Fun	Security
Cheerfulness	Generosity	Self-actualization
Clear-mindedness	Goodness	Self-control
Commitment	Grace	Selflessness
Community	Growth	Self-reliance
Compassion	Happiness	Sensitivity
Competitiveness	Hard Work	Serenity
Consistency	Health	Service
Contentment	Helping Society	Shrewdness
Continuous	Holiness	Simplicity
Improvement	Honesty	Soundness
Contribution	Honor	Speed
Control	Humility	Spontaneity
Cooperation	Independence	Stability
Correctness	Ingenuity	Strategic
Courtesy	Inner Harmony	Strength
Creativity	Inquisitiveness	Structure
Curiosity	Insightfulness	Success
Decisiveness	Intelligence	Support
Dependability	Intellectual Status	Teamwork
Determination	Intuition	Temperance
Devoutness	Joy	Thankfulness
Diligence		



Discipline
Discretion
Diversity
Dynamism
Economy
Effectiveness
Efficiency
Elegance
Empathy
Enjoyment
Enthusiasm
Equality

Justice
Leadership
Legacy
Love
Loyalty
Making a difference
Mastery
Merit
Obedience
Openness
Order
Originality

Thoroughness
Thoughtfulness
Timeliness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Understanding
Uniqueness
Unity
Usefulness
Vision
Vitality

What are your top 10 values?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How can these values help you make the most beneficial decision?

If you were to make your decision based on your top three values, visualize and write out the outcome of the situation.
