

Pragmatic Passion Core Values Exercise

“Having a strong foundation based on values will keep you on the path to a joyful and fulfilling life. When you see tragedy, it usually comes back to abuse of power, excessive pleasure, or selfish pride that is a root cause. Let your core values guide your choices.” – Dan Leri, Director of Innovation Park, Penn State

Exploring, creating, and cultivating your passion and purpose is no easy task. You need to identify the most significant values to you. Ask yourself what matters most to you in life? These are your unique Pragmatic Passion Core Values and they are the foundation for living a joyful, successful life.

This exercise is critical to building your foundation for your own Pragmatic Passion Vision Statement. Please take your time and give this some deep thought. Identifying your values will be the foundation upon which your purpose is built. No one can choose your values for you. This is a highly personal exercise for you to learn about values and to determine which are *currently* the most important to you.

To assist in identifying your values, here’s a short list of values to choose from (there’s a more in-depth list at www.PragmaticPassion.com/bookresources):

Achievement	Faith	Mindful
Accountability	Fame	Optimism
Adventure	Family	Passion
Authenticity	Fitness	Patience
Autonomy	Focused	Peace of Mind
Balance	Fun	Perseverance
Bold	Generous	Poised
Brave	Gratitude	Pragmatic
Caring	Growth	Reputation
Common sense	Happiness	Respect
Confidence	Health	Security
Courage	Honesty	Spirituality
Creativity	Humble	Status
Curiosity	Independent	Success
Dedicated	Joyful	Teamwork
Dignity	Kindness	Transparency
Discipline	Leadership	Trust
Drive	Love	Vision
Empathy	Loyalty	Wealth
Ethical	Meaningful	Wisdom



To put you in the right frame of mind for this exercise, think about times in your life when you were the happiest. Think of when you did something that made you feel like you were an important part of a team or a positive contributor to an organization. Think of an event or accomplishment that made you feel great. Also think of times when you felt embarrassed or that you let a loved one down. If you can describe the feelings you felt, you are on your way to identifying the values that matter to you.

Using the list from above (or preferably the more detailed list online), write a list of **your personal top 10 values**:

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

When you have completed the review of the values list, rank the top five values that are most important to YOU and why. Go over this list with your Pragmatic Passion Accountability Partner or your mentor and discuss them in depth to be sure that you are describing YOUR true feelings and not what you think others would want to hear from you.

1. _____
2. _____
3. _____
4. _____
5. _____

“We sacrifice our health in order to make wealth, then sacrifice our wealth in order to get back our health.” – His Holiness the 14th Dalai Lama

Consider what the Dalai Lama is saying and factor it into which values matter to you and why.

Name: _____ Date: _____