

Week Two Topics: Core Values, Heartfelt Desire/Mission

Each of us have our own core values, the principles that are most important to us. Core values help guide our life and our work. We are most at ease when our actions align with our core values.

As helping professionals, much of the stress of our work comes from misalignment of actions and values.

For example, if you value being caring to others, but the pace of your work is too fast this can lead to distress. If you value safety, but sometimes feel unsafe at work, this is distressing. If you value respect, but your work involves having difficult interactions with others who say hurtful things, this can also lead to distress.

We often wish we could change other people or places, but the reality is we can only change ourselves. The things we can change are our behaviors, thoughts, and feelings.

Small changes can lead to big effects, like the ripples of water spreading outward when we toss a small stone into a pond.

Identifying your own core values is key. When you are aware of your core values, you can choose the actions or behaviors that best align with them. You can also notice when there is misalignment and distress, then act on that.

Heartfelt Desire or Mission:

Your heartfelt desire is your mission or what provides purpose to your life. It reflects your core values. It is a statement in the present tense to affirm that it is already true, at this moment. Your mission is unique to you and it might take you some time to find the words that best suit you.

Examples include:

“I am authentic.”

“I accept myself.”

“I trust life.”

“I love myself and others.”

“I am at peace with myself and others.”

“I am vital and creative.”

“I feel my underlying health and wholeness in every moment.”

“My thoughts, words, and actions align with each other.”

Rumi: “Yesterday I was clever so I wanted to change the world. Today I am wise so I am changing myself.”

Week Two Homework: Below the ripples, list words that help describe your core values and draft your heartfelt mission. Your mission helps ground you. You can use the list of words on the next page as a starting point to explore your core values and mission.

This week, practice thinking or saying aloud your mission statement at least once each day. It could be any time, when you are brushing your teeth, driving to work, or even on a bathroom break. Notice how your body feels as you speak or think these words. Notice opportunities throughout the week to act in accordance with your values. Notice when there is misalignment as well and how this feels in your body.



Core Values and Heartfelt Mission:

Week Two Core Value Words:

Autonomy	Fitness
Security	Health or mental health
Justice	Achievement
Generosity	Authenticity
Self-care	Connectedness
Safety	Community
Respect	Adventurousness
Love	Faith or fidelity
Compassion	Humor
Knowledge	Relationships

You can also go to this website to download a PDF with more values as a set of cards you can sort:

https://www.motivationalinterviewing.org/sites/default/files/valuescardsort_0.pdf

PERSONAL VALUES
Card Sort

W.R. Miller, J. C'de Baca, D.B. Matthews, P.L.
Wilbourne
University of New Mexico, 2001

IMPORTANT TO ME

VERY IMPORTANT TO ME

NOT IMPORTANT TO ME

ACCEPTANCE

to be accepted as I am

1

9/01

ACCURACY

to be accurate in my opinions and beliefs

2

9/01

ACHIEVEMENT

to have important accomplishments

3

9/01

ADVENTURE

to have new and exciting experiences

4

9/01

ATTRACTIVENESS

to be physically attractive

5

9/01

AUTHORITY

to be in charge of and responsible
for others

6

9/01

AUTONOMY

to be self-determined and independent

7

9/01

BEAUTY

to appreciate beauty around me

8

9/01

CARING

to take care of others

9

9/01

CHALLENGE

to take on difficult tasks and problems

10

9/01

CHANGE

to have a life full of change and variety

11

9/01

COMFORT

to have a pleasant and comfortable life

12

9/01

COMMITMENT

to make enduring, meaningful
commitments

13

9/01

COMPASSION

to feel and act on concern for others

14

9/01

CONTRIBUTION

to make a lasting contribution
in the world

15

9/01

COOPERATION

to work collaboratively with others

16

9/01

<p>COURTESY</p> <p>to be considerate and polite toward others</p> <p>17 9/01</p>	<p>CREATIVITY</p> <p>to have new and original ideas</p> <p>18 9/01</p>
<p>DEPENDABILITY</p> <p>to be reliable and trustworthy</p> <p>19 9/01</p>	<p>DUTY</p> <p>to carry out my duties and obligations</p> <p>20 9/01</p>
<p>ECOLOGY</p> <p>to live in harmony with the environment</p> <p>21 9/01</p>	<p>EXCITEMENT</p> <p>to have a life full of thrills and stimulation</p> <p>22 9/01</p>
<p>FAITHFULNESS</p> <p>to be loyal and true in relationships</p> <p>23 9/01</p>	<p>FAME</p> <p>to be known and recognized</p> <p>24 9/01</p>
<p>FAMILY</p> <p>to have a happy, loving family</p> <p>25 9/01</p>	<p>FITNESS</p> <p>to be physically fit and strong</p> <p>26 9/01</p>

FLEXIBILITY

to adjust to new circumstances easily

27

9/01

FORGIVENESS

to be forgiving of others

28

9/01

FRIENDSHIP

to have close, supportive friends

29

9/01

FUN

to play and have fun

30

9/01

GENEROSITY

to give what I have to others

31

9/01

GENUINENESS

to act in a manner that is
true to who I am

32

9/01

GOD'S WILL

to seek and obey the will of God

33

9/01

GROWTH

to keep changing and growing

34

9/01

HEALTH

to be physically well and healthy

35

9/01

HELPFULNESS

to be helpful to others

36

9/01

HONESTY

to be honest and truthful

37

9/01

HOPE

to maintain a positive and optimistic outlook

38

9/01

HUMILITY

to be modest and unassuming

39

9/01

HUMOR

to see the humorous side of myself and the world

40

9/01

INDEPENDENCE

to be free from dependence on others

41

9/01

INDUSTRY

to work hard and well at my life tasks

42

9/01

INNER PEACE

to experience personal peace

43

9/01

INTIMACY

to share my innermost experiences with others

44

9/01

JUSTICE

to promote fair and equal treatment for all

45

9/01

KNOWLEDGE

to learn and contribute valuable knowledge

46

9/01

LEISURE

to take time to relax and enjoy

47

9/01

LOVED

to be loved by those close to me

48

9/01

LOVING

to give love to others

49

9/01

MASTERY

to be competent in my everyday activities

50

9/01

MINDFULNESS

to live conscious and mindful
of the present moment

51

9/01

MODERATION

to avoid excesses and find a
middle ground

52

9/01

MONOGAMY

to have one close, loving relationship

53

9/01

NON-CONFORMITY

to question and challenge authority and norms

54

9/01

NURTURANCE

to take care of and nurture others

55

9/01

OPENNESS

to be open to new experiences,
ideas, and options

56

9/01

ORDER

to have a life that is well-ordered
and organized

57

9/01

PASSION

to have deep feelings about ideas,
activities, or people

58

9/01

PLEASURE

to feel good

59

9/01

POPULARITY

to be well-liked by many people

60

9/01

POWER

to have control over others

61

9/01

PURPOSE

to have meaning and direction in my life

62

9/01

RATIONALITY

to be guided by reason and logic

63

9/01

REALISM

to see and act realistically
and practically

64

9/01

RESPONSIBILITY

to make and carry out
responsible decisions

65

9/01

RISK

to take risks and chances

66

9/01

<p style="text-align: center;">ROMANCE</p> <p style="text-align: center;">to have intense, exciting love in my life</p> <p>67 9/01</p>	<p style="text-align: center;">SAFETY</p> <p style="text-align: center;">to be safe and secure</p> <p>69 9/01</p>
<p style="text-align: center;">SELF-ACCEPTANCE</p> <p style="text-align: center;">to accept myself as I am</p> <p>68 9/01</p>	<p style="text-align: center;">SELF-CONTROL</p> <p style="text-align: center;">to be disciplined in my own actions</p> <p>70 9/01</p>
<p style="text-align: center;">SELF-ESTEEM</p> <p style="text-align: center;">to feel good about myself</p> <p>71 9/01</p>	<p style="text-align: center;">SELF-KNOWLEDGE</p> <p style="text-align: center;">to have a deep and honest understanding of myself</p> <p>72 9/01</p>
<p style="text-align: center;">SERVICE</p> <p style="text-align: center;">to be of service to others</p> <p>73 9/01</p>	<p style="text-align: center;">SEXUALITY</p> <p style="text-align: center;">to have an active and satisfying sex life</p> <p>74 9/01</p>
<p style="text-align: center;">SIMPLICITY</p> <p style="text-align: center;">to live life simply, with minimal needs</p> <p>75 9/01</p>	<p style="text-align: center;">SOLITUDE</p> <p style="text-align: center;">to have time and space where I can be apart from others</p> <p>76 9/01</p>

<p style="text-align: center;">SPIRITUALITY</p> <p style="text-align: center;">to grow and mature spiritually</p> <p>77 9/01</p>	<p style="text-align: center;">STABILITY</p> <p style="text-align: center;">to have a life that stays fairly consistent</p> <p>78 9/01</p>
<p style="text-align: center;">TOLERANCE</p> <p style="text-align: center;">to accept and respect those who differ from me</p> <p>79 9/01</p>	<p style="text-align: center;">TRADITION</p> <p style="text-align: center;">to follow respected patterns of the past</p> <p>80 9/01</p>
<p style="text-align: center;">VIRTUE</p> <p style="text-align: center;">to live a morally pure and excellent life</p> <p>81 9/01</p>	<p style="text-align: center;">WEALTH</p> <p style="text-align: center;">to have plenty of money</p> <p>82 9/01</p>
<p style="text-align: center;">WORLD PEACE</p> <p style="text-align: center;">to work to promote peace in the world</p> <p>83 9/01</p>	<p>Other Value:</p>
<p>Other Value:</p>	<p>Other Value:</p>

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