

EXERCISE



Core Values Assessment

Purpose: Clarify your guiding values, principles and priorities.

Your values act as a compass—when you know them, you can better navigate decisions and align your life."

Instructions:

1. Begin with a list of 125 core values
2. Circle the 15 that resonate most strongly
3. Narrow down to your top 5

Reflection Prompts:


- How well does your current work and life align with your core values?
- How do these values show up in your life and work? How do they guide your decisions?
- What changes could you make to better align with your values?
- How might your values guide your future career and life decisions?

Core Values List

Accountability	Dignity	Influence	Reputation
Adaptability	Diversity	Inner harmony	Resourcefulness
Achievement	Environment	Job security	Respect
Adventure	Efficiency	Joy	Responsibility
Altruism	Equality	Justice	Risk-taking
Ambition	Ethics	Kindness	Safety
Authenticity	Excellence	Knowledge	Security
Authority	Fairness	Leadership	Self-discipline
Autonomy	Faith	Learning	Self-expression
Balance	Fame	Legacy	Self-respect
Beauty	Family	Leisure	Service
Being the best	Financial stability	Love	Simplicity
Belonging	Forgiveness	Loyalty	Spirituality
Boldness	Freedom	Meaningful work	Sportsmanship
Caring	Friendships	Nature	Stability
Collaboration	Fun	Openness	Stewardship
Challenge	Generosity	Optimism	Success
Citizenship	Grace	Order	Status
Commitment	Gratitude	Parenting	Teamwork
Community	Growth	Patience	Time
Compassion	Harmony	Patriotism	Tradition
Competence	Happiness	Peace	Trustworthiness
Confidence	Health	Perseverance	Truth
Connection	Home	Pleasure	Understanding
Contentment	Honesty	Poise	Uniqueness
Contribution	Hope	Popularity	Vision
Cooperation	Humility	Power	Vulnerability
Courage	Humor	Pride	Wealth
Creativity	Inclusion	Recognition	Well-being
Curiosity	Independence	Reliability	Wholeheartedness
Determination	Initiative	Religion	Wisdom

Note: The majority of the values from this list were compiled from [James Clear's core values list](#) and [Brené Brown's core values list](#) from her excellent book, "Dare to Lead."

OUR NEXT COHORT STARTS ON FEBRUARY 11, 2025



Reimagine Your Career: A Playbook for Designing Your Next Act

Women in mid to senior-level roles in tech are managing feelings of isolation and loneliness. It's a struggle to navigate the demands of intense careers while also cultivating a fulfilling life outside of work.

Lift Up Connections provides the peer community support, guidance, visioning, and leadership expertise to bring your whole self to your work, reimagine what's possible, and cultivate your authentic voice.

Next cohort begins on February 11, 2025

A promotional banner for a cohort. On the left is a portrait of a woman with shoulder-length brown hair, wearing a dark blazer over a black top and a necklace. The background of the banner is a dark teal color. To the right of the portrait is the title 'Reimagine Your Career: A Playbook for Designing Your Next Act' in white, bold text. Below the title are two paragraphs of white text. At the bottom right is a blue rounded rectangle containing the text 'Next cohort begins on February 11, 2025' in white.

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