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## Core values list for students

Core values are the fundamental beliefs of a person or organization. These guiding principles dictate behavior and can help people understand the difference between right and wrong. Core values also help companies to determine if they are on the right path and fulfilling their goals by creating an unwavering guide. There are many examples of core values in the world, depending upon the context. core values with word and icon examples There are countless types of personal and company values. You'll need to choose the ones that are right for you. It's natural to want to choose a long list of core values in an effort to be the best you can be, but limiting your selection to a few helps you really focus on the most integral values in life without becoming distracted. The way a person acts and treats others is impacted by the individual's core values. Others often interpret a person's core values as examples of character traits. adventurous authenticitycommitmentcompassionconcern for others consistencycouragedependabilityenthusiasm fearlessnessfriendlinessgood humorhonestyhonorindependenceintegrity kindnessloyaltyopen-mindednessoptimismperseverancepragmatism positivityreliabilityrespect Core values also impact which rights and causes tend to matter the most to a person. altruism animal rights charity civil disobedience community developmenteducationenvironmentalismequality fitnessfreedomgiving back hispanic preservation human rights individual liberties justice nurturing the next generation patriotsphilanthropy respect for individuals rule of law social justicestand up for the underdogstewardshipsupport for the arts tolerance Often, when you hear someone discuss why they fell in love with their other half, they will mention that they have the same values. In this case, they are often talking about core values, which are internal beliefs that dictate how life should be lived and how people should behave. A belief, or lack thereof, in God or an affiliation with a religious/spiritual institutionA belief in being a good steward of resources and in exercising frugalityA belief that family is of fundamental importanceA belief that honesty is always the best policy and that trust has to be earnedA belief in maintaining a healthy work/life balance Parents also try to instill these types of positive core values in children in an effort to give them guiding principles for living a good life. Of course, core values aren't always positive. Some people may be driven by self-interest or greed, and these are core values, too, if they dictate the way the people live their lives. Negative attitudes and core values can also develop when people live in fear or insecurity and are forced to focus on survival in difficult circumstances. A belief that the world is a fundamentally brutal place and that only the strong surviveA belief that people are powerless to change their fates or personal situationsA belief that you don't deserve good things or relationships in lifeA belief that other people are fundamentally untrustworthy and unlovingA belief that life is meaningless Core values aren't always personal in nature. Many companies find it helpful to draft a values statement that highlights values the company seeks to follow and expects from its employees. Corporate values can impact business practices as well as the overall organizational culture. The way an organization conducts business is greatly impacted by the company's core values. These values impact what products or services a company offers and how they are produced and/or brought to market. accountability adaptability aggressive attention to detailcapability collaborative competitive continuous improvement craftsmanship dominancecustomer-focused efficiencyethical excellenceexpertise fairnessflexibility high performanceinnovationmarket leadershipresponsibility service transparency A company's core values directly impact the organization's culture. People will generally be most comfortable working in a company that has a corporate culture that reflects their own personal values. agilityapproachable belonging creativitydiversityempowering entrepreneurial family-orientedfun hard work inclusion individualisticlearning meritocracy modern nimble originalitypassionrespect for boundariesshared prosperitysocial responsibility sustainability team-focused traditionalwork-life balance When companies refer to core values, these are the guiding principles that help to define how the corporation should behave in business and perhaps beyond, if they have an additional mission to serve the community. Core values usually complement the corporation's mission statement. There are many examples of common core values for a business or other type of organization. A commitment to sustainability and to acting in an environmentally friendly way. Companies like Patagonia and Ben & Jerry's have environmental sustainability as a core value. A commitment to innovation and excellence. Apple Computer is perhaps best known for having a commitment to innovation as a core value. This is embodied by their "Think Different" motto. A commitment to doing good for the whole. Google, for example, believes in making a great search engine and building a great company without being evil. A commitment to helping those less fortunate. TOMS shoe company gives away a pair of shoes to a needy person for every pair it sells in an effort to alleviate poverty and make life better for others. A commitment to building strong communities. Shell oil company donates millions of dollars to the University of Texas to improve student education and to match employee charitable donations. As you can see, often the core values that companies have are similar to those that individuals might choose as guiding principles as well. While some people or organizations might expressly share their core values, often the best way to identify these values is to watch how they behave. For example, a tobacco company that emphasizes profits over public health acts in a way that is not consistent with a stated core value of caring for others. In that case, the value is merely a buzzword rather than a true value. No company will advertise negative core values, of course, but you can judge what really lies at the heart of a business' mission by examining how they act when it counts. A core value is only true if it has an active influence and if the people or company manage to live by it, at least most of the time. It's also important to remember that individuals don't necessarily choose their core values. Many people have these values instilled in them by their parents and other influences in the community around them. You may already live by strong core values without realizing it. Whether you are aware of what your core values are, they directly impact your beliefs and actions. To get a sense of what your core values are, ask yourself what activities bring you the most joy, or what you couldn't live without. What gives your life meaning or what do you want to achieve? If you can articulate those answers, you'll likely see a pattern that you can boil down into a single concept, such as a consistently positive attitude or using your creativity to make the world a better place. Use what you learn to write inspiring core values to guide your actions. Once you have a value statement, focus on learning the difference between ethics, morals and values. Staff Writer Do you want to live a life of integrity in which your actions align with your personal list of values and beliefs? Great, you're in the right place to begin living true.Many of us struggle with finding direction, making big decisions, and even knowing how to act in day-to-day situations. When you take the time to consider your core values, these things become crystal clear.Core values point the needle of your compass, illuminating the pathway toward living a meaningful life — one that's filled with passion and purpose.Instead of allowing outside influences like media, pop culture, or social environment to shape your life, you can be true to yourself.In this article, I will help you uncover your true identity by clarifying your values.By the end, you'll have discovered a unique list of values and beliefs to help orient your life. And even better, you'll have a clear idea of what actions you can take to experience life in true alignment.Do you want to overcome self-doubt and take action in your life? Try our mini-course Believing in Yourself! Learn four proven tactics to embrace your true self and live strong.What does it mean to be true to yourself? A lot of the conflict you have in your life exists simply because you're not living in alignment, you're not being true to yourself." — Steve Maraboli, Unapologetically You!Every house needs a sturdy foundation. You can build a beautiful home, but it will sink into the ground without a solid base. The same is true with your values. Just like the foundation of a home, core values provide the groundwork for your actions, decisions, and behaviors. Without a base, your "home" falls apart, and you lose a sense of purpose and direction. You may appear to be successful, but still, feel lost. Until you define what success means to you, you'll be chasing empty accomplishments.If you don't understand your values, you may violate them without realizing it. This can lead to feelings of guilt and shame, without knowing why.Researchers confirm that when people have a clear set of core values:It's easier to make big life decisions around pursuing passions, long-term career goals, and relationships.They are less likely to engage in destructive thought patterns, especially in difficult life situations.They tolerate physical pain more easily.They have greater self-discipline and focus when studying or working.Social connections are stronger.Let's begin by looking inward to discover what really matters to you. It's a process, and you might need support as you dig deep to find out what makes you tick.The list of values and beliefs you are about to dive into is adapted from Be True: Discover Your Core Value System. It's a course in which I personally walk you through proven exercises to find your truth and begin living it.When you're ready to start discovering how to figure out who you are, check out the course. In the meantime, here are some simple ideas to get you started.Defining your personal core valuesWhen it comes to core values, there's no "one size fits all" approach. Everyone is different.That's why I don't recommend jumping ahead to the list and choosing words that sound good. Instead, I invite you to pick up a pen and paper, and spend some time on personal reflection — writing about what moves you.Below are some questions to help you start this exploration. The answers you write down are clues you can use to identify your core value system.1. Who do you admire?To better understand what you value, it can help to turn to real-life examples of people who exhibit admirable qualities. Think of some positive role models who inspire you to live a meaningful life. This could include people you know personally, famous figures, characters in a book, etc. As you think about these people, write down:what it is about them that inspires youthe admirable qualities they possessbehaviors and actions you would like to emulate2. What inspires you to take action?Often our core values reveal themselves through our actions. Can you think of a situation when you took a stand for someone or something?Try writing down some of the reasons you felt so strongly to take action. For example:the feelings that motivated you to speak up or actwhat you were willing to risk in that situationthe results of taking action — what you gained or lost3. When do you feel most like yourself?When you're in situations that allow you to be authentic, that's a clue that you are in alignment with your values. And when you have to betray yourself to fit in or find success, you feel ashamed and alone.In situations that feel wrong in some way, what's going on? Write down:who you're without feelings are triggeredwhat these experiences cost you emotionally or physicallyIn situations where you feel real and authentic, what's going on? Write down:who you're without activities are involvedpositive emotions or outcomes of these experiencesDo You Really Know Yourself Better Than Anyone? (Hint: Most of Us Don't)10 (proven) ways to uncover your deep identity. Grab our FREE cheat sheet today. Drop your email below.102 examples of values and beliefsIf you found it hard to put words to the qualities, emotions, and ideas in the exercises above, it may help to look through some examples.Take some time to explore this list of values and beliefs, and consider which ones resonate with you:Core Values ListFamilyFreedomSecurityLoyaltyIntelligenceConnectionCreativityHumanitySuccessRespectInventionDiversityGenerosityIntegrityFinesseLoveOpennessReligionOrderAdvancementRespectJoy/PlayForgivenessWork Smarter and HarderExcitementChangeGoodnessInvolvementFaithWisdomBeautyCaringPersonal DevelopmentThis Too Shall Pass AttitudeHonestyAdventureKindnessTeamworkCareerCommunicationLearningExcellenceInnovationQualityCommonalityContributing'spiritualismStrengthEntertainWealthSpeedPowerAffectionCooperationLove of CareerFriendship/RelationshipEncouragementPride in Your WorkClarityFun-LovingCharismaHumorLeadershipRenewalHomeBe TrueContentmentFriendshipCourageBalanceCompassionFitnessProfessionalismRelationshipKnowledgePatienceChangeProsperityWellnessGratitudeGraceEnduranceFacilitationEffectivenessFunFameJusticeAppreciationWillingnessTrusting Your GutGiving People a ChancePatienceForgivenessSelf-RespectAbundanceReciprocityEnjoymentEntrepreneurialHappinessHarmonyPeaceNow that you've got plenty of ideas, you can begin to narrow it down to a few that could become the basis of your core value system.Here are some questions to help you see where these values show up in your life:How do you define this value?What actions and activities reflect this value?What else could you do to further align yourself with this value? Could you do more to include this value in your daily life?Putting core values into actionWhen what you value the most is congruent with what you do, you are standing in your integrity. Let's bridge the gap between what you value and how to put that into action with some concrete examples:Core value example: FreedomIf you chose freedom, you value "the power or right to act, speak, or think as one wants without hindrance or restraint."Here are some examples of actions you could take to align more fully with freedom as a core value and belief in your life:Express yourself freely and openly.Build a life in which you can create your own schedule, travel, try new things, etc.Nurture relationships with friends and family who give you the freedom to be yourself.Become your own boss.Include enough free time in your schedule.Core value example: WellnessIf you identified wellness as a core value, the active pursuit of health would become a priority in your life.Here are some day-to-day examples of how your short-term actions would line up with this personal value example:Fuel your body with nutritious foods.Stay active through regular exercise.Take care of your mental health by taking breaks, getting enough rest, spending time with loved ones, and asking for help when needed.Avoiding self-destructive habits.Can you see how your short-term actions can put you more in line with your long-term core values? You can also use your core value system to assess opportunities and make decisions as they arise.Final thoughts on being true:Through intentionally living in line with your values, you will begin to feel an increase in happiness, peace of mind, creativity, and flow. Just as with anything in life, identifying core values goes beyond checking boxes on a list. Being true to your core values involves a lifelong journey of discovering, experimentation, trial, and error. I suggest revisiting your core values from time to time. You can use this core values quiz to assess the degree to which you are following your inner compass. If it feels like you have drifted off course, or you're completely lost, I'd like to help you get back on track.You've just uncovered a formula for discovering your truth, and you don't have to do it alone! Isn't it about time to start living according to your core values?Do You Really Know Yourself Better Than Anyone? (Hint: Most of Us Don't)10 (proven) ways to uncover your deep identity. Grab our FREE cheat sheet today. Drop your email below.



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