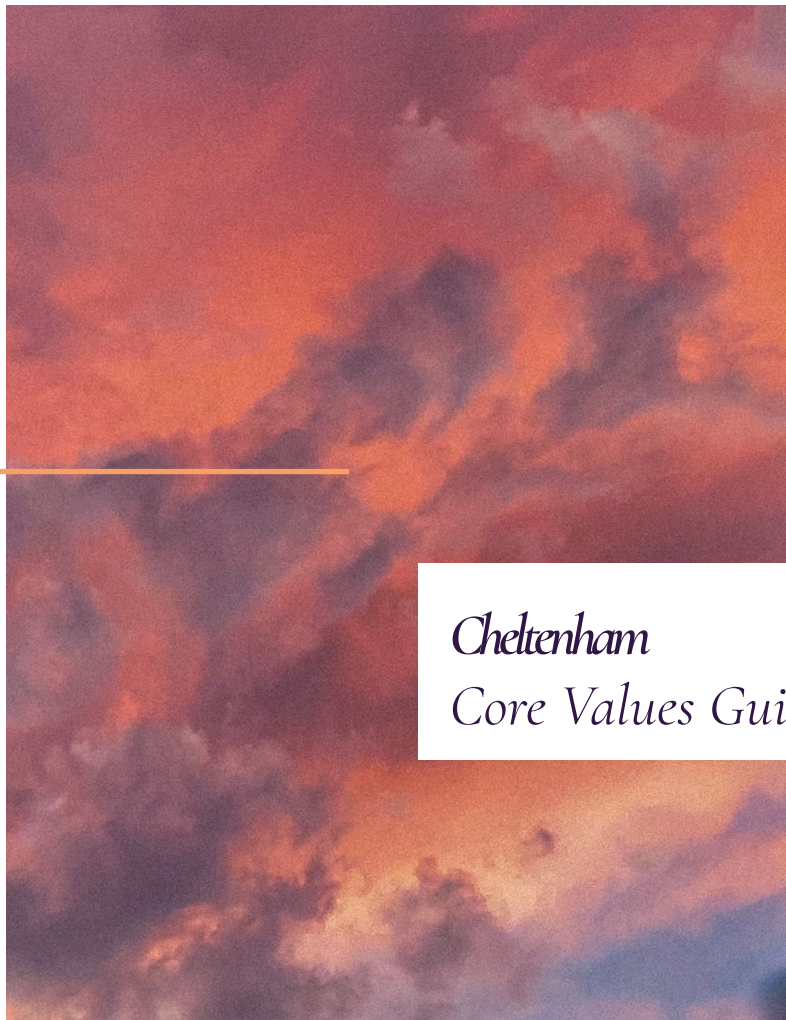




*cheltenham avenue*



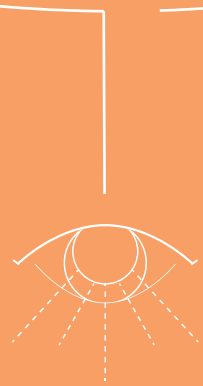
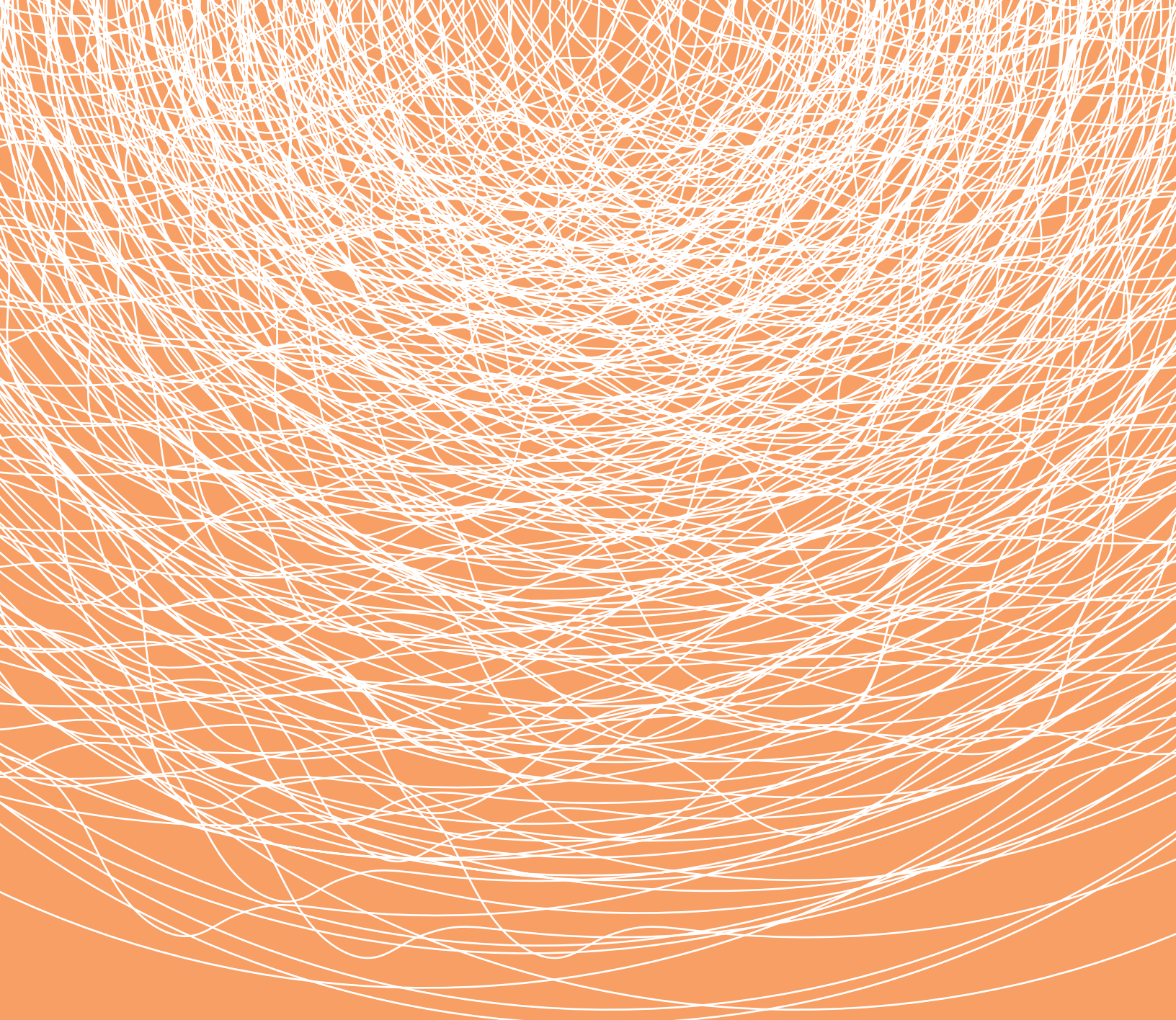
*Cheltenham  
Core Values Guidebook*



## What do you value?

Are you spending your time on the things you value or just going through the motions? It can be easy to spend your days caught in a whirlwind of tasks without the time to decide if what you are doing is the best use of your time and energy.

The first step towards making time for the things we value is to take a moment to reflect and gain clarity about what exactly it is you value.

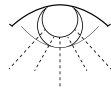


## What are core values?

Core values are a set of guiding principles that a person or organization operates from. They inform what you consider meaningful and vital. Core values drive behavior, influence culture, and guide actions.

Aligning in harmony with your core values creates ease in your life. When in alignment, greater peace of mind and joy are cultivated, creating the ideal environment for you to thrive. Use this guidebook to help you understand your core values.

## *Step one*



**Reflect on positive experiences and moments of fulfillment**

To start, grab a pen and paper or open a new note on your phone. Begin by reflecting and writing answers to the following questions. Take a look at the list of core values at the end of this book and write down any that resonate with you.

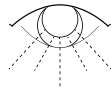
- When do you feel like your best self? What qualities and behaviors does your best self uphold?
- What qualities are present and admired with your closet friends and in places you consider safe.
- How do you treat others?

---

# Core Values

1.	_____	11.	_____
2.	_____	12.	_____
3.	_____	13.	_____
4.	_____	14.	_____
5.	_____	15.	_____
6.	_____	16.	_____
7.	_____	17.	_____
8.	_____	18.	_____
9.	_____	19.	_____
10.	_____	20.	_____

*step two*



## **Group Themes**



Group similar values under major “themes”

Look through the list of core values, noticing which resonate with you and group any values with similar meanings.

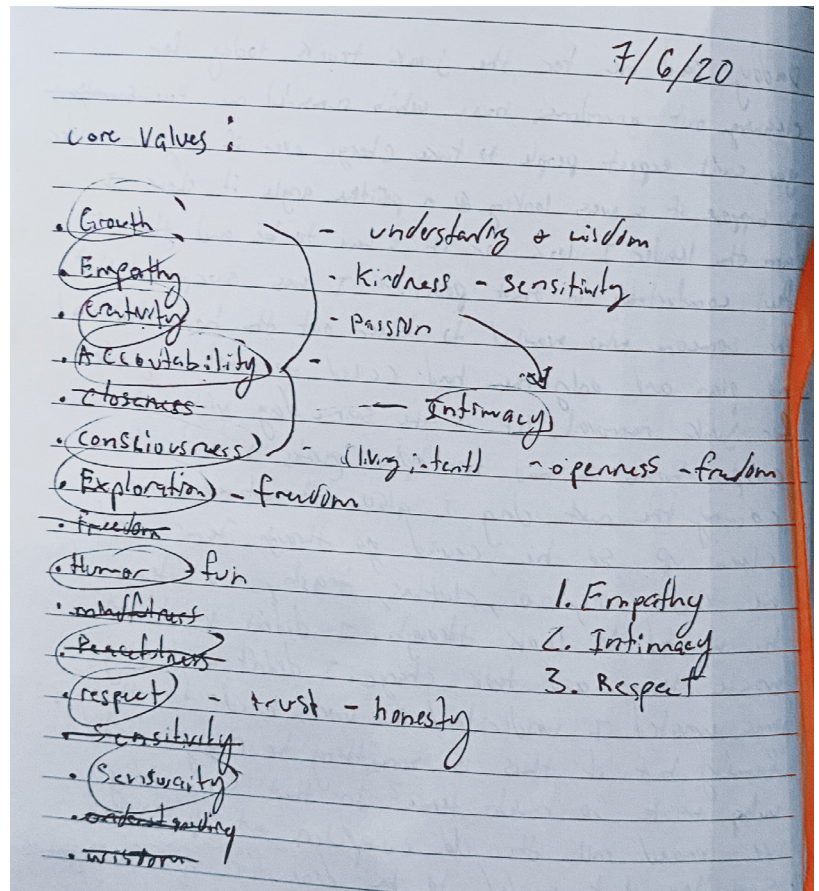
Here's an example

You may consider understanding and wisdom as byproducts of growth.

When empathy is present kindness and sensitivity also exist.

Growth and empathy become main themes.

Try it out on the next page



Theme: Growth

Understanding

---

Wisdom

---

---

---

Theme: Empathy

Kindness

---

Sensitivity

---

---

---

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

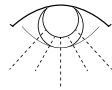
Empty rectangular box for writing.

Five horizontal lines for writing.

Empty rectangular box for writing.

Five horizontal lines for writing.

*step three*



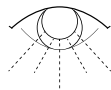
**Refine your list**

Reduce your core values  
into your top ten.

# *My Top 10 Core Values*

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

*step four*



**Prioritize**



Your values and priorities change over time. Rank which core values are most important to you at this moment in time.

Build reflection into your yearly or even monthly routine to ensure you are spending your time and energy in the right places.

# 75 Values from the The Ultimate List of Core Values

from The Ultimate List of Personal Core Values by liveboldandbloom.com  
Find definitions the full list of 400 core values [here](#).

---

- |                   |                     |                    |
|-------------------|---------------------|--------------------|
| 1. Accountability | 33. Gratitude       | 65. Success        |
| 2. Awareness      | 34. Growth          | 66. Sympathy       |
| 3. Balance        | 35. Happiness       | 67. Thoughtfulness |
| 4. Beauty         | 36. Honesty         | 68. Thrift         |
| 5. Boldness       | 37. Hopefulness     | 69. Trust          |
| 6. Calmness       | 38. Humility        | 70. Understanding  |
| 7. Cleanliness    | 39. Humor           | 71. Uniqueness     |
| 8. Closeness      | 40. Integrity       | 72. Virtue         |
| 9. Compassion     | 41. Intimacy        | 73. Vision         |
| 10. Confidence    | 42. Kindness        | 74. Warmth         |
| 11. Consciousness | 43. Leadership      | 75. Worthiness     |
| 12. Contentment   | 44. Learning        |                    |
| 13. Courage       | 45. Love            |                    |
| 14. Decisiveness  | 46. Mindfulness     |                    |
| 15. Determination | 47. Moderation      |                    |
| 16. Dependability | 48. Motivation      |                    |
| 17. Dignity       | 49. Openness        |                    |
| 18. Discipline    | 50. Optimism        |                    |
| 19. Discovery     | 51. Organization    |                    |
| 20. Diversity     | 52. Originality     |                    |
| 21. Education     | 53. Passion         |                    |
| 22. Effectiveness | 54. Peacefulness    |                    |
| 23. Empathy       | 55. Persuasiveness  |                    |
| 24. Encouragement | 56. Professionalism |                    |
| 25. Excellence    | 57. Resilience      |                    |
| 26. Exploration   | 58. Respect         |                    |
| 27. Fairness      | 59. Sacrifice       |                    |
| 28. Faith         | 60. Security        |                    |
| 29. Focus         | 61. Sensitivity     |                    |
| 30. Freedom       | 62. Sensuality      |                    |
| 31. Fun           | 63. Spirituality    |                    |
| 32. Generosity    | 64. Stability       |                    |



© 2012