

THE EIGHT LEVELS OF INTENTION

Lock in your Core Values

Your Core Values are your compass: the handful of values you can't give up. They guide your choices at every level of life, and they shape the Code you'll write next.

- 1 Round 1.** Go down the whole list and put a 1, 2 or 3 in the first box next to each value, based on your first instinct. 1 matters most to you.
- 2 Round 2.** Look only at your 1's. Put an A, B or C in the second box next to each one, using the same instinct.
- 3 Round 3.** From your A's, mark a star in the third box next to your top five: the values you can't give up. These are your Core Values.
- 4 Write them down.** Copy your five onto the last page and add what each one means to you.

Don't think too hard

Give yourself two to three minutes for each round, and let your first instincts guide you. Your list may need some adjusting once you're done. Get through all three rounds first, then see how it feels.

1 Round 1: 1, 2 or 3 **A** Round 2: A, B or C ★ Round 3: your top five



VALUES ACHIEVEMENT TO ENCOURAGEMENT

1-3	A-C	★	VALUE
☐	☐	☐	Achievement Setting meaningful goals and working hard, day after day, to reach them.
☐	☐	☐	Adaptability Adjusting with grace and humor when plans, people or circumstances change.
☐	☐	☐	Adventure Seeking new experiences that stretch you and fill life with stories.
☐	☐	☐	Altruism Caring for the good of others without expecting anything back.
☐	☐	☐	Ambition Reaching for more than you have done before, and going after it.
☐	☐	☐	Appreciation Recognizing the value in people and moments, and letting them know.
☐	☐	☐	Authenticity Being true to who you are, in private and in public, without pretending.
☐	☐	☐	Autonomy Having the freedom to make your own choices and own the results.
☐	☐	☐	Balance Giving each part of life its due so no one part crowds out the rest.
☐	☐	☐	Beauty Noticing and creating what is lovely in the world and the people around you.
☐	☐	☐	Belonging Feeling at home with people who know you, accept you and welcome you in.
☐	☐	☐	Bravery Facing fear and difficulty head on instead of turning away from them.
☐	☐	☐	Building Community Bringing people together and helping them care for one another.
☐	☐	☐	Calmness Staying steady and clear-headed, even when life gets loud or pressure builds.
☐	☐	☐	Care Paying close attention to people's needs and gently tending to them.
☐	☐	☐	Charity Giving generously to those in need, with an open hand and a willing heart.
☐	☐	☐	Clarity Knowing what matters most to you and seeing your next step clearly.
☐	☐	☐	Collaboration Working closely with others so the whole becomes more than the parts.
☐	☐	☐	Commitment Keeping your word and staying with something when it gets hard.
☐	☐	☐	Communication Sharing ideas clearly and listening well so others feel heard.
☐	☐	☐	Compassion Feeling with people who are hurting and moving quickly to help them.

1-3	A-C	★	VALUE
☐	☐	☐	Competence Being skilled and capable at the work that is yours to do, and doing it well.
☐	☐	☐	Confidence Trusting your abilities enough to act, speak up and lead when it counts.
☐	☐	☐	Connection Building real, meaningful bonds with the people who share your life.
☐	☐	☐	Consistency Showing up the same way, day after day, so others can count on it.
☐	☐	☐	Contribution Adding something of value to the people and causes you care about.
☐	☐	☐	Courage Acting on what matters most, even when you're afraid or unsure of the outcome.
☐	☐	☐	Creativity Bringing new ideas, fresh thinking and original expression into the world.
☐	☐	☐	Curiosity Asking good questions and staying eager to learn how things really work.
☐	☐	☐	Decisiveness Making clear choices in good time and standing firmly behind them.
☐	☐	☐	Dependability Being someone others can count on to show up and follow through every time.
☐	☐	☐	Determination Pressing toward a goal and refusing to give up, whatever comes your way.
☐	☐	☐	Dignity Honoring the worth of every person, yourself included, in how you act.
☐	☐	☐	Discipline Doing what needs to be done, even when you don't feel like it.
☐	☐	☐	Discovery Seeking out what's new, hidden or not yet understood, and enjoying the search.
☐	☐	☐	Diversity Valuing the different backgrounds, experiences and views that people bring.
☐	☐	☐	Drive A strong inner push to keep moving forward and get things done.
☐	☐	☐	Education Seeking knowledge and training that open doors for you and others.
☐	☐	☐	Effectiveness Doing the right things in ways that produce real, lasting results.
☐	☐	☐	Empathy Understanding how others feel by seeing life through their eyes.
☐	☐	☐	Empowerment Helping people find their own strength and use it well in their lives.
☐	☐	☐	Encouragement Lifting others up with words and actions that build belief in themselves.



VALUES ENDURANCE TO JUSTICE

1-3	A-C	★	VALUE
☐	☐	☐	Endurance Staying strong and steady through long seasons of effort or hardship.
☐	☐	☐	Energy Bringing vigor and life to what you do and to the people you're with.
☐	☐	☐	Enthusiasm Meeting each day with wholehearted energy that lifts those around you.
☐	☐	☐	Equality Believing every person deserves the same respect, fairness and chances in life.
☐	☐	☐	Excellence Doing your very best work and raising the standard, every single time.
☐	☐	☐	Exploration Venturing into new places, ideas and possibilities with an open, curious mind.
☐	☐	☐	Expressiveness Sharing your thoughts and feelings openly, honestly and with real color.
☐	☐	☐	Fairness Treating people justly and giving each one an even chance to succeed.
☐	☐	☐	Faith Trusting in God and letting that belief guide how you live each day.
☐	☐	☐	Family Putting the people closest to you first and showing up for them.
☐	☐	☐	Financial Security Managing money wisely so you and those you love are provided for.
☐	☐	☐	Fitness Keeping your body strong and active so you can live life to the full.
☐	☐	☐	Flexibility Bending without breaking when life asks you to change course or try new things.
☐	☐	☐	Focus Giving your full attention to what matters most right now, without distraction.
☐	☐	☐	Forgiveness Letting go of resentment toward others and yourself, and making room to heal.
☐	☐	☐	Freedom Having the room to choose your own path and the courage to live by it.
☐	☐	☐	Friendship Investing in loyal, caring relationships and showing up for friends over time.
☐	☐	☐	Fulfillment Feeling that your life is full of meaning and that your time is well spent.
☐	☐	☐	Fun Making room for laughter, play and lighthearted moments in everyday life.
☐	☐	☐	Generosity Freely sharing your time, resources and kindness without expecting a return.
☐	☐	☐	Gratitude Noticing the good in your life every day and giving thanks for it.

1-3	A-C	★	VALUE
☐	☐	☐	Grit Sticking with hard things over the long haul, with passion and patience.
☐	☐	☐	Growth Becoming a little better each day, in mind, heart, habits and skills.
☐	☐	☐	Guidance Seeking wise direction for yourself, and offering it to those who follow.
☐	☐	☐	Harmony Creating peace and agreement among the people around you and within yourself.
☐	☐	☐	Health Caring for your body and mind so you have the strength to live and give.
☐	☐	☐	Helping Others Looking for ways to lighten someone else's load and make their day better.
☐	☐	☐	Honesty Telling the truth plainly and kindly, even when it's uncomfortable or costs you.
☐	☐	☐	Honor Living by a code of respect and integrity that earns and keeps trust.
☐	☐	☐	Humility Holding your strengths lightly and staying open to learn from anyone.
☐	☐	☐	Humor Finding and sharing the lighter side of life, especially when things get heavy.
☐	☐	☐	Inclusion Making sure everyone has a place, a voice and a seat at the table.
☐	☐	☐	Ingenuity Finding clever, resourceful ways to solve problems with whatever you have.
☐	☐	☐	Independence Standing on your own two feet and thinking clearly for yourself.
☐	☐	☐	Individuality Embracing what makes you different instead of blending in with the crowd.
☐	☐	☐	Innovation Creating new and better ways of doing things, and testing ideas to improve them.
☐	☐	☐	Inspiration Being moved by great ideas and people, and moving others in turn.
☐	☐	☐	Integrity Doing what's right, even when no one is watching or it costs you.
☐	☐	☐	Intelligence Using a sharp, thoughtful mind to understand problems and decide well.
☐	☐	☐	Intuition Trusting the quiet inner sense that guides your choices when facts run out.
☐	☐	☐	Joy Finding deep, lasting delight in life, even in small and ordinary moments.
☐	☐	☐	Justice Standing up for what is right and fair for every person, without exception.



VALUES KINDNESS TO SELF-AWARENESS

1-3	A-C	★	VALUE
☐	☐	☐	Kindness Treating everyone with warmth, patience and goodwill, especially when it's hard.
☐	☐	☐	Knowledge Building a deep, growing understanding of the world and how it works.
☐	☐	☐	Leadership Guiding people toward a shared goal and helping them grow along the way.
☐	☐	☐	Learning Staying a lifelong student, always curious and open to new understanding.
☐	☐	☐	Legacy Living in a way that blesses the people and generations who come after you.
☐	☐	☐	Love Caring deeply for others and choosing, again and again, to act for their good.
☐	☐	☐	Loyalty Standing by your people and commitments through thick and thin.
☐	☐	☐	Mastery Working at a skill until you know it deeply and can do it really well.
☐	☐	☐	Maturity Responding with wisdom, patience and self-control instead of acting on impulse.
☐	☐	☐	Mindfulness Being fully present and aware in the moment you're in, without judgment.
☐	☐	☐	Motivation Having a strong reason that moves you to act and keep going when it's hard.
☐	☐	☐	Nurturing Helping people and ideas grow through patient, steady care and encouragement.
☐	☐	☐	Open-Mindedness Considering new ideas and other points of view fairly before you decide.
☐	☐	☐	Optimism Expecting good things ahead and looking for the bright side of hard situations.
☐	☐	☐	Order Keeping your life and space organized so there's room for what matters most.
☐	☐	☐	Patience Waiting calmly and giving people and plans the time they need.
☐	☐	☐	Peace Carrying a calm, settled heart, whatever is happening in the world around you.
☐	☐	☐	Perseverance Staying on course toward your goals despite setbacks and slow progress.
☐	☐	☐	Personal Development Intentionally working to grow your skills, character and potential over time.
☐	☐	☐	Playfulness Approaching life with lightness, imagination and fun, never too seriously.
☐	☐	☐	Positivity Choosing a hopeful outlook and bringing good energy to others.

1-3	A-C	★	VALUE
☐	☐	☐	Power Having the strength and influence to make things happen and shape outcomes.
☐	☐	☐	Practicality Focusing on what's useful, sensible and actually works in real life.
☐	☐	☐	Privacy Protecting your personal life and respecting the boundaries of others.
☐	☐	☐	Proactivity Taking initiative and acting early, before problems force your hand.
☐	☐	☐	Professionalism Bringing skill, respect and reliability to your work and the people you serve.
☐	☐	☐	Progress Moving forward step by step toward something better, even when it's slow.
☐	☐	☐	Prosperity Building abundance that lets you thrive and help others thrive.
☐	☐	☐	Purpose Living with a clear reason behind what you do and where you're headed.
☐	☐	☐	Quality Caring about doing things well and getting the details right, not just done.
☐	☐	☐	Quietude Making regular space for stillness, silence and reflection away from the noise.
☐	☐	☐	Recognition Being seen and valued for your efforts, and taking time to see others.
☐	☐	☐	Reflection Pausing regularly to look back, learn from your experiences and grow wiser.
☐	☐	☐	Relationships Investing time and care in the people who make your life full and rich.
☐	☐	☐	Reliability Being someone people can count on to do what you say, every time.
☐	☐	☐	Resilience Bouncing back from hardship and setbacks stronger, wiser and still moving.
☐	☐	☐	Respect Treating every person, and yourself, with honor, courtesy and regard.
☐	☐	☐	Responsibility Owning your choices and caring well for what's been entrusted to you.
☐	☐	☐	Reverence Holding a deep, humble respect for what is sacred and greater than yourself.
☐	☐	☐	Safety Protecting yourself and the people you love from harm with wise choices.
☐	☐	☐	Security Having a stable, protected foundation to build your life and family on.
☐	☐	☐	Self-Awareness Knowing your strengths, weaknesses and what truly drives your choices.



VALUES SELF-DISCIPLINE TO ZEAL

1-3	A-C	★	VALUE
☐	☐	☐	Self-Discipline Governing your impulses so you can act on what you value most.
☐	☐	☐	Self-Respect Honoring your own worth and holding yourself to good standards.
☐	☐	☐	Service Giving your time and gifts freely to lift the people around you.
☐	☐	☐	Simplicity Letting go of excess and clutter to focus on what truly matters.
☐	☐	☐	Sincerity Meaning what you say, saying what you mean, and being genuine with people.
☐	☐	☐	Spirituality Nurturing your connection to God and the sacred in daily life.
☐	☐	☐	Stability Building a steady, secure and predictable life that you and others can rely on.
☐	☐	☐	Stewardship Taking good care of what has been placed in your hands, and growing it.
☐	☐	☐	Strength Having the inner and outer power to carry whatever life brings your way.
☐	☐	☐	Success Reaching the goals that matter most to you, measured by your own standard.
☐	☐	☐	Support Being there for others when they need someone in their corner.
☐	☐	☐	Sustainability Choosing ways of living and working that can last for generations to come.
☐	☐	☐	Synergy Combining different strengths so that together you accomplish more than alone.
☐	☐	☐	Teamwork Working well with others, sharing the load and the credit, toward a shared win.
☐	☐	☐	Tenacity Holding on firmly to your goals long after others would have let go.
☐	☐	☐	Thoughtfulness Considering other people's needs and feelings before you speak or act.
☐	☐	☐	Tolerance Accepting and respecting people whose beliefs or ways of life differ from yours.
☐	☐	☐	Tradition Honoring the customs, stories and wisdom handed down to you by those before.
☐	☐	☐	Transparency Being open and upfront about your intentions, decisions and mistakes.
☐	☐	☐	Trust Building relationships where people can rely on one another and speak freely.
☐	☐	☐	Truth Seeking what is real and right, speaking it plainly and living by it.

1-3	A-C	★	VALUE
☐	☐	☐	Understanding Taking time to truly grasp people and ideas before you judge them.
☐	☐	☐	Uniqueness Valuing the one-of-a-kind gifts, quirks and stories in yourself and others.
☐	☐	☐	Unity Bringing people together around what they share, even when they disagree.
☐	☐	☐	Usefulness Making a real, practical difference in the lives of the people around you.
☐	☐	☐	Valor Showing great courage in the face of danger, hardship or wrongdoing.
☐	☐	☐	Variety Enjoying a life full of different experiences, people, places and change.
☐	☐	☐	Vision Seeing a clear picture of the future you want and working toward it.
☐	☐	☐	Vitality Living with energy, good health and a real zest for each new day.
☐	☐	☐	Warmth Making people feel welcome, safe and genuinely cared for when they're with you.
☐	☐	☐	Wealth Building resources that create freedom for you and the means to give.
☐	☐	☐	Wellness Caring for your whole self, body, mind and spirit, with healthy daily habits.
☐	☐	☐	Wisdom Using knowledge, experience and good judgment to make thoughtful choices.
☐	☐	☐	Wonder Keeping a sense of awe and amazement at the world and all that's in it.
☐	☐	☐	Work Ethic Bringing steady effort, discipline and pride to every task, big or small.
☐	☐	☐	Zeal Pursuing what you love with fiery passion, energy and full commitment.

ROUND 3 RESULT

My Core Values

Write your five starred values here, then put each one in your own words. Read them out loud. If one doesn't feel like yours, swap it for another of your A's.

1

What it means to me

2

What it means to me

3

What it means to me

4

What it means to me

5

What it means to me

**What's next: your Code**

Your Core Values feed your Code, the lines you live by. The app walks you through your Core Values and your Code, and round one of Core Values is free. On iPhone and on the web at app.thepointventure.com.