



**Resilience for Advocates
through Foundational Training®**

Discover Your Core Values

ABOUT RAFT

We improve the level of care for sexual and domestic violence survivors by supporting advocates in building resilience to compassion fatigue and burnout. Creating awareness of domestic and sexual violence is pivotal to ending it. Supporting survivors in rebuilding their lives, including men and boys in the conversation, and working with abusers are all necessary pieces of the puzzle. But the physical, mental and spiritual well-being of the advocate supporting the survivor must also be addressed.

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SECTION 1: Finding Your Core Values

There are numerous definitions of “values” available in dictionaries, books, and across the internet. Values are a subjective concept, what one person sees as a value another person may see as irrelevant. For this exercise we will use the following definition for “Values”:

Values are any idea or theme that is important enough to you that it affects how you think, how you act, and how you feel.

Why are values so important?

- ★ Foundations of laws, customs, and tradition
- ★ Reflect your sense of right and wrong
- ★ Influence your attitudes and behaviors
- ★ Give your life purpose, meaning, and passion

Find your top 3-5 Core Values Exercise

To start discovering your core values take five minutes to scan the list of values on pages 3-4 of this handout. When you see a value that resonates with you circle it.

Questions to Help you Find Them

- ★ How do I want to be?
- ★ What do I want to stand for?
- ★ How do I want to relate to the world around me?

SECTION 2: Finding Your Core Values Exercise

STEP ONE:

Scan the list of values below and **CIRCLE the values that immediately grab your attention**. Try not to pause and think about each value, circle only the ones that immediately have an impact on you.

Acceptance	Affection	Accomplishment	Adventure	Adoration
Adaptability	Achievement	Trust	Abundance	Acknowledgement
Aggressiveness	Agility	Being the Best	Appreciation	Ambition
Amusement	Vivacity	Attractiveness	Approachability	Awareness
Cheerfulness	Belonging	Assertiveness	Balance	Clear mindedness
Camaraderie	Attentiveness	Beauty	Commitment	Closeness
Warmth	Bravery	Compassion	Contribution	Connection
Calmness	Confidence	Encouragement	Credibility	Challenge
Contentment	Wealth	Dependability	Cleanliness	Courage
Fairness	Determination	Composure	Devotion	Family
Trustworthiness	Consistency	Dignity	Friendliness	Discipline
Creativity	Empathy	Fun	Eagerness	Curiosity
Faith	Truth	Education	Daring	Flow

Growth	Excellence	Depth	Focus	Helpfulness
Expertise	Wisdom	Freedom	Hospitality	Financial Independence
Enjoyment	Giving	Humor	Fortitude	Enthusiasm
Grace	Intimacy	Impact	Winning	Holiness
Kindness	Independence	Fidelity	Honesty	Love
Ingenuity	Zeal	Honor	Loyalty	Inquisitiveness
Fitness	Hopefulness	Maturity	Intelligence	Happiness
Humility	Mysteriousness	Justice	Harmony	Imagination
Obedience	Knowledge	Health	Inspiration	Playfulness
Logic	Liveliness	Intuition	Popularity	Making a Difference
Mindfulness	Joy	Practicality	Mastery	Recreation
Openness	Reliability	Motivation	Reflection	Optimism
Respect	Organization	Relaxation	Passion	Security
Perseverance	Self-Reliance	Peace	Self-control	Proactivity
Significance	Sexuality	Sensuality	Professionalism	Simplicity

Presence	Service	Resilience	Rest	Prosperity
Skillfulness	Strength	Solitude	Spontaneity	Sincerity
Structure	Spirituality	Support	Thoroughness	Success
Thankfulness	Teamwork	Timeliness	Unflappability	Temperance
Thoughtfulness	Variety	Vitality		

Write down any thoughts or takeaways that come up while scanning the list and thinking about your core values:

STEP TWO:

Transfer your circled values to the space below. Take a break and return to step three with fresh eyes and a clear mind.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

STEP THREE:

Revisit the list of values from the prior page and **circle the top ten values** in that list. **Transfer those ten values below:**

Note: this is a great spot to use meditation spiritual practice to sit with the above values and select your top ten.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

STEP FOUR: Copy each of your top ten Core Values below, then **write why this value is important to you.**

1. Value: _____

2. Value: _____

3. Value: _____

4. Value: _____

5. Value: _____

6. Value: _____

7. Value: _____

8. Value: _____

9. Value: _____

10. Value: _____

STEP FIVE:

After writing out why each value is important to you, **circle the five values that now feel most important.**

STEP SIX:

Write each of your remaining five Core Values below, then think about a situation in your life where you needed to make a choice. **Write out why this Core Value was important in making that decision.**

1. Value: _____

2. Value: _____

3. Value: _____

4. Value: _____

5. Value: _____

STEP SEVEN:

Looking at your remaining Core Values above and how you used those Core Values to make decisions, **rank these Core Values from 1 to 5 in order of how important you feel they are in your life.**

Note: This is an excellent time to use meditation or your spiritual practice to help with this decision.

List your top five Core Values, in order, below:

1. _____
2. _____
3. _____
4. _____
5. _____

STEP EIGHT:

Next, you want to turn this list of Core Values into a tool that you can use as a filter when making important decisions in your life. **This is your Core Value Statement and you craft it by turning your Core Values into an easy to remember sentence** that you can repeat, as needed, without having to reference it.

If you have difficulty remembering your top five Core Values, pick the three that are most important to you (the number three pops up in brain and memory science a lot) and use them to craft your Core Value Statement.

Take 3-5 of your Core Values and use the space below to craft those Core Values into a simple sentence that you can easily remember whenever you need to make an important decision.

Take Action: Write your Core Value Statement

A large, empty light blue rectangular area intended for writing a core value statement.