

Here's a methodology to help you uncover your core values:

1. Self-Reflection

Journaling: Spend time writing about what matters most to you. Reflect on questions like:

- What brings you the greatest joy?
- What activities or experiences make you feel most fulfilled?
- When do you feel most proud of yourself?

Past Experiences: Think about significant moments in your life. Identify times when you felt particularly satisfied or dissatisfied. Analyze what made those experiences meaningful or troubling.

Role Models: Consider the people you admire. What qualities or behaviors do they exhibit that you respect and wish to emulate?

2. Value Lists and Exercises

Value Lists: Review comprehensive lists of values. These can often be found in personal development books or online. Examples of common values include honesty, integrity, compassion, ambition, and creativity.

Prioritization Exercises: From the list of values, choose the ones that resonate with you most. Narrow it down to your top 10, then to your top 5. Rank these in order of importance.

Reflection Questions: Ask yourself questions such as:

- What values do I want to guide my decisions and actions?
- Which values do I want to pass on to others, such as children or colleagues?

3. Feedback from Others

Trusted Friends or Mentors: Speak with people who know you well. Ask them what they perceive as your core values based on your actions and decisions.

360-Degree Feedback: If you're comfortable, consider seeking feedback from a wider circle, including colleagues and acquaintances, to gain different perspectives.

4. Testing and Refinement

Daily Reflection: At the end of each day, reflect on how your actions aligned with your identified values. Note any discrepancies and consider why they occurred.

Decision Making: When making decisions, consciously apply your values. Notice how this impacts your satisfaction with the outcomes.

Behavior Tracking: Monitor your behavior over a period of time. Are there recurring themes or actions that reflect your stated values?

5. Integration

Action Plan: Create an action plan to integrate your values into daily life. This might include setting goals that align with your values or adjusting your routines and habits.

Re-evaluation: Periodically revisit your values. As you grow and change, your values might evolve. Regularly ensure they remain a true reflection of what is most important to you.