

## Core Values & Fulfillment

When navigating change—especially during the retirement journey—it is crucial to understand the key drivers behind your behavior. The first and most vital step in achieving fulfillment as you prepare for retirement, on the day you retire, and throughout your retirement, is understanding your core values and what truly matters to you. Living in alignment with these values brings peace, while acting against them leads to inner conflict. Ultimately, our sense of fulfillment, balance, and contentment in retirement is profoundly enhanced when we live and serve according to our core values and personal purpose.

## What are Core Values?

Everyone is guided by a personal set of values. These values serve as your compass, helping you navigate choices and decisions. When you do a "gut check," you're instinctively evaluating whether your actions align with those values. If they don't, you experience a sense of inner conflict.

Review the examples of core values. You'll notice some words that you may have never considered to be values, and some that will resonate with you immediately.

**“Your core values are the deeply held beliefs that authentically describe your soul.”**

**John C. Maxwell**

## Core Values

Intimacy	Aesthetics	Authenticity
Integrity	Community	Nurturing
Focus	Productivity	Independence
Freedom	Free Spirit	Mastery
Honesty	Zest	Forgiveness
No Pretense	Contribution	Humor
Nature	Comradeship	Harmony
Openness	Loyalty	Accomplishments
Orderliness	Elegance	Achievement
Partnership	Peace	Adventure
Growth	Fun	Beauty
Power	Purity	Altruism
Privacy	Joy	Autonomy
Recognition	Directness	Balance
Relationship	Commitment	Risk Taking
Collaboration	Clarity	Romance
Completion	Expression	Leadership
Connection	Sensuality	Service
Lightness	Creativity	Spirituality
Tradition	Health	Trust
Performance	Faith	Vitality
Wholeness	Excitement	Empowerment

## Values Ranking & Rating

<p>Rank your core values from the list on the previous page. Then, rate how aligned you are with that value currently.</p> <p>(1 = not aligned, 5 = very much aligned)</p>	Values	Alignment
	1.	
	2.	
	3.	
	4.	
	5.	

## Values Clarification

The purpose of these exercises is to reveal your personal frame of reference—your internal compass—that will guide you in living according to what matters most. Throughout life and retirement, you'll encounter many decisions and choices, and at each crossroad, it's essential to ask yourself: Does this align with my compass? Am I staying true to my values? Does this choice conflict with my core beliefs?

## Peak & Valley Experiences

*Think of a time (or times) when you were feeling excited, energized, or were in a “peak experience.”*

When was that?

What was happening?

What values were you honoring or tightly aligned with?

*Think of a time (or times) when you were feeling pessimistic, drained, stuck, or in a “valley experience.”*

When was that?

What was happening?

What values were you NOT honoring or tightly aligned with?