IDENTIFYING YOUR CORE WALUES

MHY DOES IT MATTER?

Understanding our values, identifying them and living life with them in mind influences the decisions we make and ultimately how our life turns out.

examples of

VALUES

- · Authenticity
- · Achievement
- · Adventure
- · Authority
- · Autonomy
- * Balance
- · Beauty
- · Boldness
- · Compassion
- · challenge
- · Citizenship
- · Community
- Competency

- · Contribution
- Curiosity
- Creativity
- · Determination · Leadership
- Fairness
- · Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- · Honesty
- · Humor
- · Influence

- · Inner Harmony
- · Justice
- Kindness
- · Knowledge
- - · Learning
 - Love
 - ·Loyalty
 - Meaningful work
 - · Openness
 - Optimism
 - · Peace
 - Pleasure
 - · Poise
 - · Popularity

- Recognition
- · Religion
- Reputation
- · Respect
- · Responsibility
- * Security
- ·Self-Respect
- · Service
- *Spirituality
- ·Stability
- · Success
- · Status
- Trustworthiness
- · Wealth
- · Wisdom

DENTIFYING 5 CORE VALUES

This is an exercise with some prompts to take you through the whole process of identifying your core values.

What time in your life were you doing were you the happiest? Who was around you? . What were you doing with your days? . What values of what values of what your days?

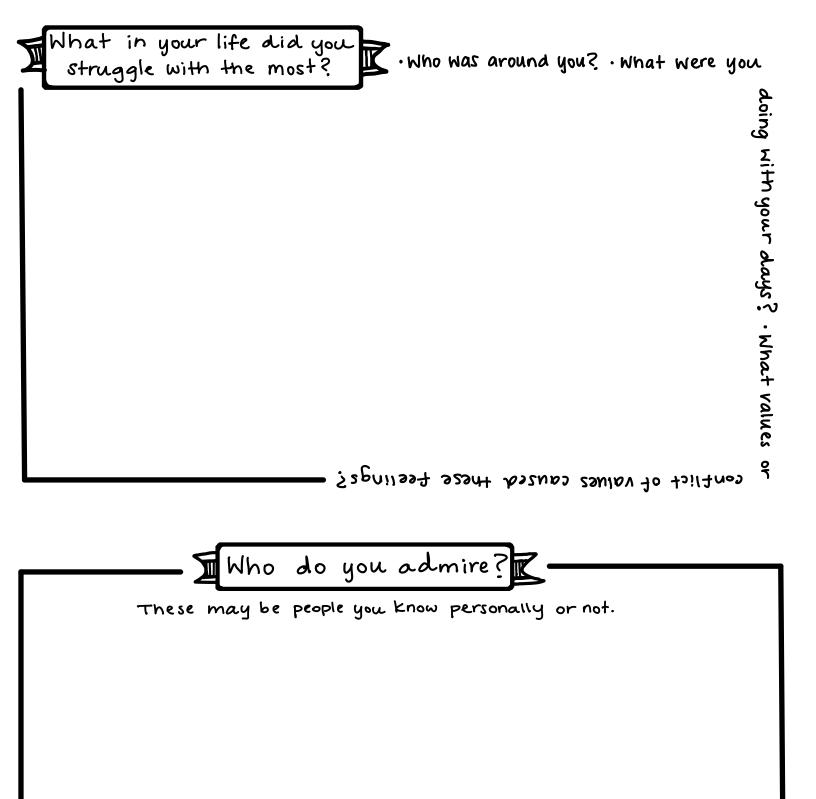
· Who was around you? · what were

When in your life did you feel the most fulfilled or proud?

with your days? . What values or

conflict of values caused

these feelings?



. Why do you admire them and what vaules do they embody?_

5 core values