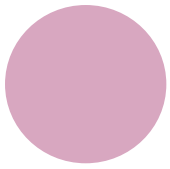


**DISCOVER YOUR
CORE VALUES
WORKBOOK**



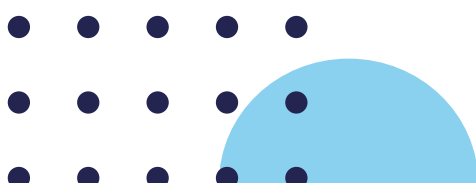


DISCOVER YOUR CORE VALUES WORKBOOK

Understanding your core values empowers you to live a purposeful and authentic life.

This workbook will guide you through a simple yet effective process to uncover your core values.

Follow these steps to embark on your journey of self-discovery. Need help with identifying key values? Have a look at the end for a list of values to help you start.



STEP 1: REFLECT ON PEAK EXPERIENCES

Think of moments when you felt the happiest, most fulfilled, or accomplished.

What values were present during these peak experiences?

List the top three values that stood out.

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STEP 2: ASK POWERFUL QUESTIONS

What aspects of life matter most to you (career, health, family, wellbeing, personal growth, financial security, spirituality, social impact, leisure, recreation...)?

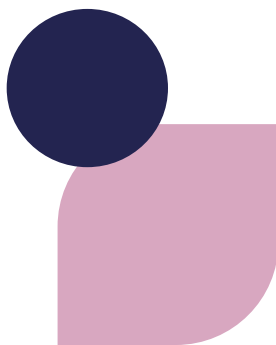
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Consider your proudest achievements. What values were evident in these achievements?

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Identify the values you admire in others and wish to embody.

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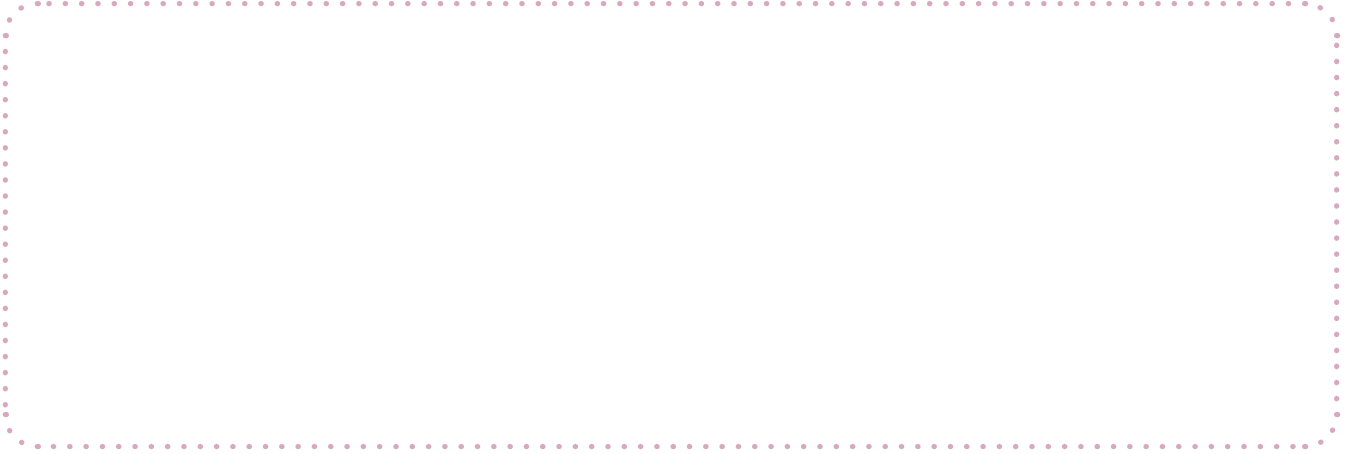




STEP 3: PRIORITIZE YOUR VALUES

Review your list of values from Steps 1 and 2.

Rank them in order of importance to you.



Highlight your top three core values.

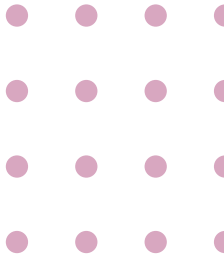
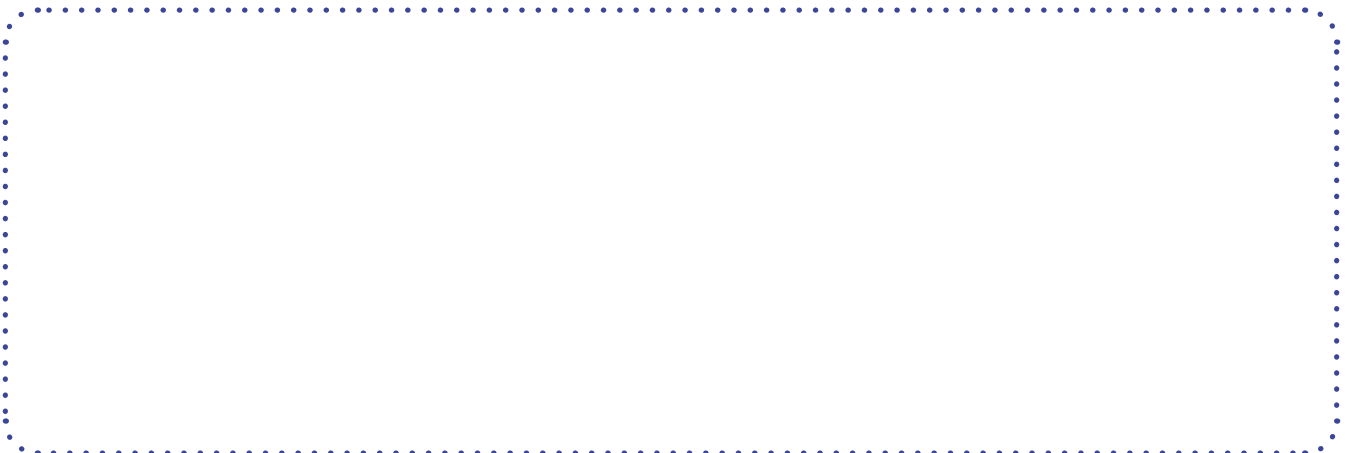


STEP 4: ALIGN VALUES WITH ACTIONS

Assess your daily actions and choices.

Do they align with your identified core values?

Identify areas where you can make adjustments to live more in harmony with your values.



STEP 5: COMMUNICATE YOUR VALUES

Share your core values with loved ones and colleagues.

Encourage open conversations about values in your relationships.

Seek understanding and respect for each other's values.

STEP 6: EMBRACE GROWTH AND ADAPTATION

Recognize that values may evolve over time with new experiences.

Embrace growth and change while staying true to your core essence.

Regularly reassess your core values to ensure they align with your authentic self.

Embrace the journey of self-discovery and use your core values as your compass to lead a fulfilling and purpose-driven life. Continuously reinforce your values, stay true to your authentic self, and navigate life's challenges with clarity and confidence. Remember, this process is an ongoing and transformative one—allow yourself the space to grow and embrace the power of your core values.

VALUES

Here is a list of values to help you start.

Remember, this is not an exhaustive list, as values can be diverse and personal. Feel free to use these keywords as a starting point and add any other values that resonate with you during your self-discovery journey.

- Integrity
- Empathy
- Resilience
- Accountability
- Compassion
- Honesty
- Trustworthiness
- Gratitude
- Courage
- Humility
- Respect
- Creativity
- Adaptability
- Ambition
- Generosity
- Patience
- Optimism
- Collaboration
- Independence
- Authenticity
- Determination
- Curiosity
- Empowerment
- Flexibility
- Loyalty
- Open-mindedness
- Positivity
- Responsibility
- Tolerance
- Wisdom