

Journaling

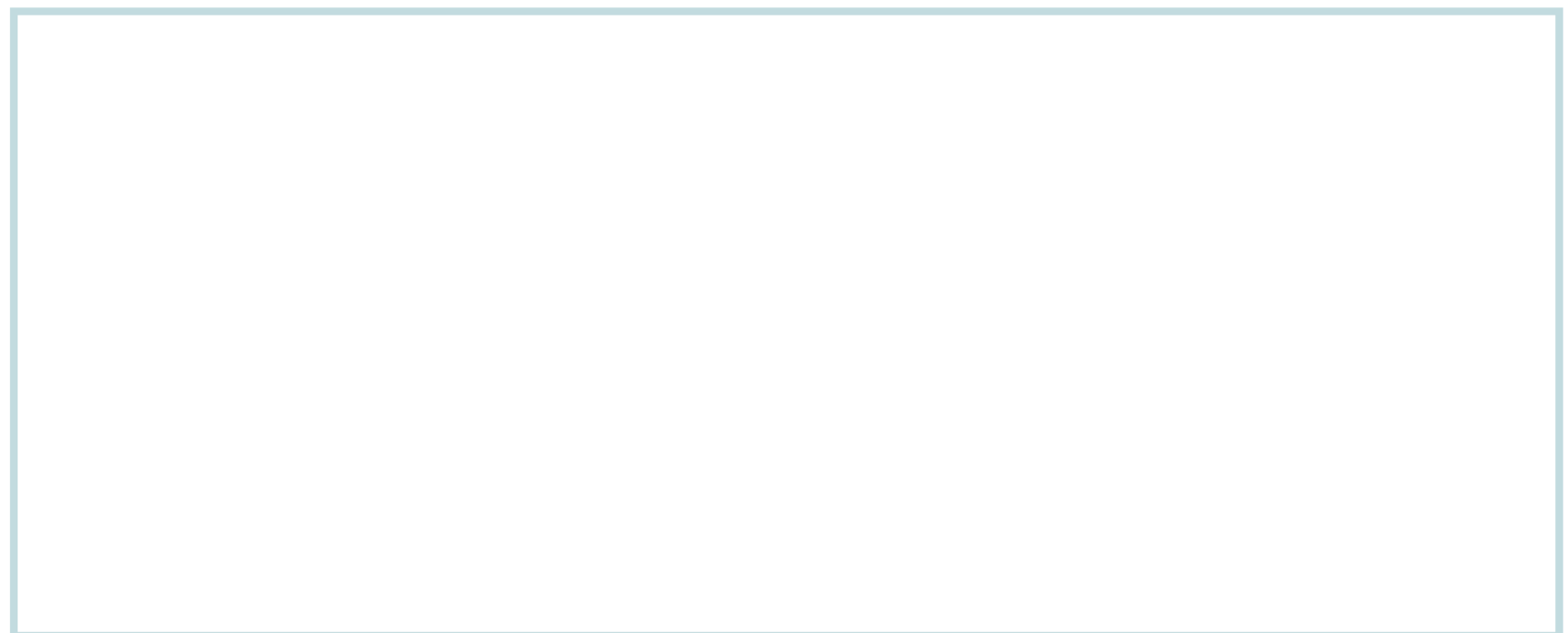
CORE VALUES

READY TO UNCOVER YOUR CORE VALUES? HERE'S A SIMPLE,
ACTIONABLE APPROACH:

REFLECT ON YOUR LIFE'S HIGHLIGHTS: THINK ABOUT TIMES WHEN YOU FELT DEEPLY FULFILLED OR PROUD. WHAT VALUES WERE BEING HONOURED DURING THOSE MOMENTS?



CONSIDER YOUR ROLE MODELS: WHO DO YOU ADMIRE, AND WHY? ADMIRATION OFTEN REFLECTS OUR CORE VALUES.



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IDENTIFY YOUR VALUES: USE BRENE BROWN'S CORE VALUES LIST TO IDENTIFY WHICH RESONATE WITH YOU.

List of VALUES

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	
Curiosity	Initiative	Responsibility	<i>Write your own:</i>
Dignity	Integrity	Risk -taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

WRITE DOWN THE TOP FIVE VALUES MOST ALIGNED WITH YOUR AUTHENTIC SELF.

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CREATE A VALUES LIST: NARROW YOUR LIST TO YOUR TOP THREE CORE VALUES. BE SPECIFIC AND CLEAR ABOUT WHAT EACH VALUE MEANS TO YOU PERSONALLY.

EVALUATE YOUR LIFE: LOOK AT DIFFERENT AREAS OF YOUR LIFE—RELATIONSHIPS, WORK, AND PERSONAL GROWTH. ARE YOU LIVING IN ALIGNMENT WITH YOUR CORE VALUES? IF NOT, WHAT CHANGES CAN YOU MAKE?

Core Values

THOUGHT DOWNLOAD



EMBRACING YOUR CORE VALUES IS A JOURNEY TOWARDS LIVING A MORE AUTHENTIC AND FULFILLING LIFE. IT'S LIKE FINDING YOUR TRUE NORTH AND ALLOWING IT TO GUIDE YOU THROUGH LIFE'S ADVENTURES. SO, TAKE A MOMENT TO CONNECT WITH YOUR VALUES, AND LET THEM BE YOUR COMPASS.