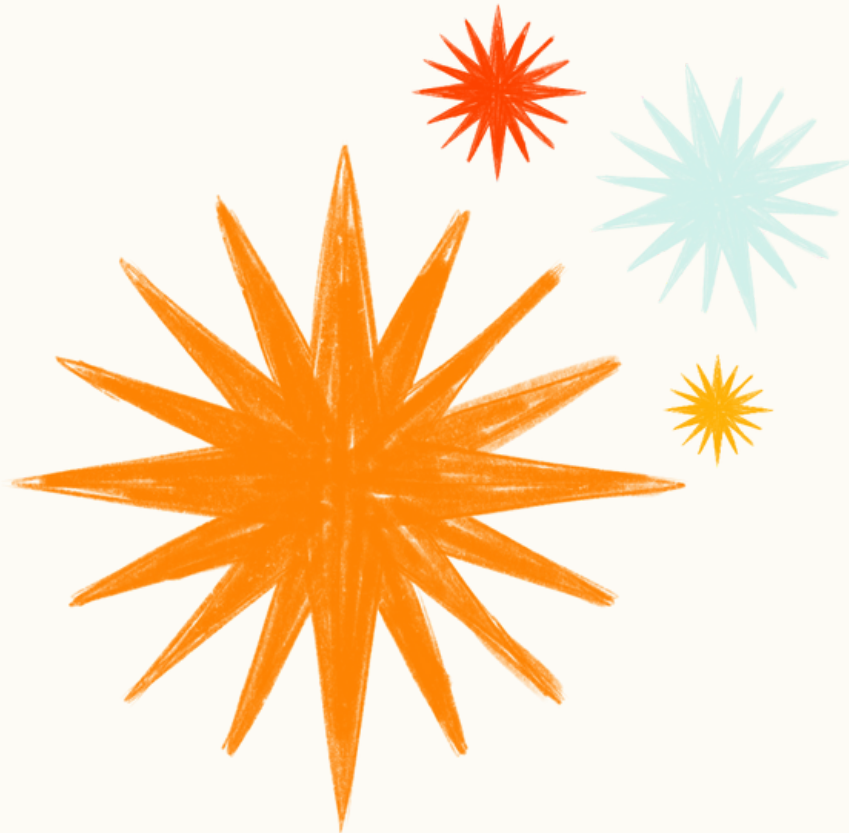
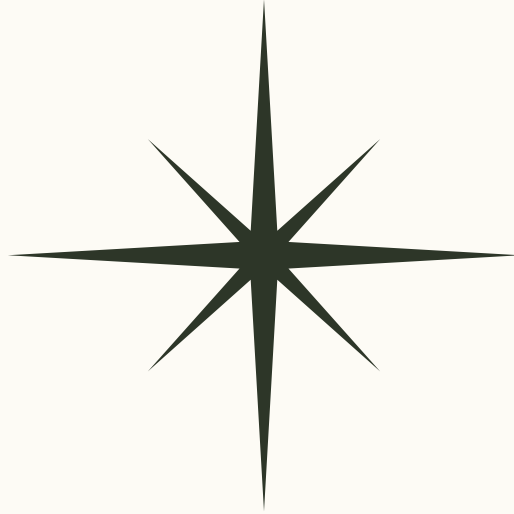


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IDENTIFYING YOUR
core values

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Core values act as your compass,
guiding you toward your purpose.

When you identify and embrace
what truly matters to you, staying
on track becomes easier — even in
the face of challenges.

This exercise is designed to help
you uncover your core values and
empower you to move forward
with clarity and purpose.

1. Read through this list in its entirety. Then, circle 20 values that you would describe as important to you.

Personal Growth and Self Development

- Self-discipline
- Courage
- Confidence
- Ambition
- Adaptability
- Curiosity
- Self-expression
- Vulnerability
- Growth
- Openness
- Wisdom
- Uniqueness
- Balance
- Perseverance
- Resourcefulness
- Intuition

Relationships and Social Connection

- Respect
- Kindness
- Compassion
- Understanding
- Trust
- Friendship
- Collaboration
- Loyalty
- Connection
- Community
- Parenting
- Generosity
- Giving back
- Teamwork
- Forgiveness

Well-being, Health, and Lifestyle

- Well-being
- Health
- Contentment
- Joy
- Peace
- Serenity
- Security
- Safety
- Home
- Gratitude
- Wealth
- Financial stability
- Harmony
- Simplicity

Truth, Integrity, and Justice

- Truth
- Honesty
- Fairness
- Ethics
- Justice
- Equality
- Dignity
- Authenticity
- Integrity

Impact, and Contribution

- Responsibility
- Stewardship
- Usefulness
- Making a difference
- Service
- Altruism
- Commitment
- Accountability
- Legacy
- Leadership
- Contribution

Achievement, Exploration, and Success

- Success
- Achievement
- Adventure
- Risk-taking
- Travel
- Creativity
- Excellence
- Initiative
- Learning
- Being the best
- Efficiency
- Future generations
- Resourcefulness



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2. **Written in the stars.**

From your list of 20 values, pick the 10 most important and write them down among the stars below.

We know it may seem difficult to narrow down what's truly important, but doing so is key to creating a strong foundation that helps you stay aligned with who you are and what drives you.

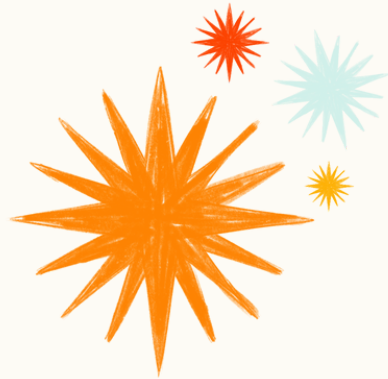


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3. Now, from your list of 10 select the 4 that are the **most** important to you. Write them in the boxes below. Then heart your top 2.

An empty square box with an orange border, intended for writing the most important item from the list.An empty square box with a yellow border, intended for writing the most important item from the list.An empty square box with a red border, intended for writing the most important item from the list.An empty square box with a light blue border, intended for writing the most important item from the list.

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Next Steps

Great job on completing the core values exercise! Now that you've pinpointed the 2–4 values that matter most, use them as your personal guide.

Whether you're making big decisions or facing challenges, let these values keep you grounded and focused on what truly drives you. Keep them visible —whether on your desk or in your journal —as a constant reminder of who you are and the path you're on.

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