

Your Core Values

1.) Think of 3 people (living or deceased) that you admire.

2.) Now imagine the first person performing an activity. What are 3 attributes, character traits or values that are demonstrated by that person. Now do the same for person 2 and 3.

3.) Finally, pick 5 values that represent you and your core values.

4.) Enter your Core Values and mark from 1-10 how well a decision fits with each one or how well you are living each one. It is common to find that some core values are more aspirational...use that as motivation!

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1	2	3	4	5