Core Values

What are your core values? These may change in various situations or as you grow older? So revisit this often as you also will revisit your vision.

What is absolutely non-negotiable for you? It is important to identify these so that as you create your statements and visions; so you will know that you are in alignment with these values.

You may have some that are more important than others, be sure to highlight them, you might even want to make two lists, One with the 3-5 most important and then the lesser important ones.





Realize your assets

We don't always realize all the assets we have to work with, and when you start to write them down it may just spark ideas that you might not have otherwise thought.

List physical, emotional, financial, and spiritual assets and when you think your done, think again, I can guarantee you there are more. How can you use what you have in the direction of your dream?





Write your Eulogy

This can be a powerful exercise in helping to craft your vision and certainly in crafting your true north statement. Who is it that you want to live in to. What do you want people to say about you after you die, and what does that life look like?





Write your True North Statement

This is perhaps the most important thing you will write, (I know it was for me), It is your personal mission statement of who you show up as, in any given situations, what you bring to the world, and how you stay firm in who you are as you do it. It is what is true for you from the beginning, is now and will always be, along with what you hold dear, as to who you want to grow in to. Again this is a living document that can be added to as you experience life. This document though is much more stable because at your core you have values that may hold true for always.



