



CORE VALUES



*reflection
prompt*

Welcome!

Core beliefs are fundamental ideas or convictions that shape our understanding of the world, influence our behavior, and guide our decisions. They often stem from personal experiences, cultural backgrounds, and societal influences. These beliefs can relate to various aspects of life, including morality, relationships, and personal identity.

For example, someone might have a core belief in the importance of honesty, which leads them to value transparency and trust in their interactions with others. Alternatively, an individual may prioritize compassion, driving them to seek opportunities for helping and supporting those in need.

Core beliefs can evolve over time as people encounter new experiences and perspectives. Recognizing and reflecting on these beliefs can help individuals understand their motivations and reactions to different situations. In essence, core beliefs serve as the foundational principles that guide personal growth and decision-making throughout life.

The reflection provided will help you to start thinking of how your values have shaped your life this far, been living true to, question or even explore your value systems if you have not done so before.

Instructions:

In each box provided, fill out what first comes to mind.

Hope you find this exercise helpful!

If you would like to explore your value systems in more depth, I offer coaching sessions on this very topic.

I also offer a self directed guide on core values on my website store.

Feel free to explore the multiple ways I can support you.

It would be an honour to assist you on your journey!

@www. themindfulmonti.com

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The Mindful Monti dedicated to your personal growth and expansion!

Much love,

Elisa xo

Value Reflection



RELATIONSHIPS

FAMILY

GOALS

hobbies

Spiritual
Connection

CAREER

HEALTH

money



Fill in what you most value, thoughts or beliefs about these areas of life.