

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

Mahatma Gandhi

Slimbo Notebook  
www.okslimbo.com  
Instagram: @slimbonotebook



#### Activity: Guide to Determining Your Core Values

##### What is it?

This guide is simple, yet extremely effective in helping you determine your core values. Yes, it takes some work, but this activity is one of the most important things that you can do if you want to live with purpose and intention.

##### What are values?

A set of beliefs that influence how you live your life. They play an important role in how you respond to situations, manage relationships, and set goals.

*Note: Your Core Values don't have to be something you think you do well. Sometimes we can know what we value but fail to prioritize it. This is something you can work on once you understand your values.*

Examples of Core Values are: Compassion, Fun, Family, Creativity, Success, Faith, Loyalty, Optimism, Kindness.

##### Here is why determining your core values is so important:

1. Finding your purpose: Helps you figure out what you want out of your life.
2. Guiding your behavior: Helps you behave in a way that matches who you want to be.
3. Helping you make decisions: When you're facing a decision, you can align your options with your values.
4. Increasing your confidence: Brings a sense of safety and stability into your life.

##### 6 Step Guide to Determine Your Values:

1. Write down your values.

*Make a list of values that most accurately describe your feelings, beliefs or behaviors. Try to list about 10.*

2. Consider the people you most admire.

*Values are typically personified in people whom we admire and love. Write down 3 people you admire and identify values that resonate with you. Add those values to your list.*

3. Consider your experiences.

*Think back to the best and most challenging moments in your life. Consider what these experiences reveal about your core values. What happened? How did you feel? How did you respond? How did you change? For example, the loss of a loved one can reveal how important "Family" or "Love" is to us. Add new values to your list.*

4. Categorize values into related groups.

*Next, review the list and see if you can group the values into categories. For example, Learning and Intelligence can be grouped together.*

5. Identify the central themes.

*Once you have categorized your values, choose a word or short phrase that best represents the group.*

6. Choose your top core values.

*Rank the top values in order of importance. 1 being the most important, 2 being less important and so on. Those you rank 1-5 will be Core Values. It's okay to select more than 5, but try to keep the list as short as possible. Choosing too many will make it difficult to figure out what is really a priority. Try working on the list over a week to allow yourself some time to mindfully observe yourself in your normal routine.*

#### Give it a Try:

1. Write down your values.
2. What do you value in those you admire?
3. What do your experiences tell you about your values?
4. Categorize your values into groups.
5. Identify central themes.
6. Chose your core values.