

STEP-BY-STEP PROCESS FOR IDENTIFYING CORE VALUES AND BELIEFS TO LIVE WITH MORE PURPOSE



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STEP 1: SEARCH ONLINE FOR A LIST OF VALUES.

Here are some helpful sites that list values to choose from:

- How To Identify Your Core Values to Live Your Best Life
- Dare to Lead List of Values
- The Ultimate List of Personal Values

STEP 2: CIRCLE OR HIGHLIGHT ALL THE VALUES AND BELIEFS YOU PRINT OR LOOK AT ONLINE THAT RESONATE MOST WITH YOU.

Take time and consider which of the values and beliefs resonate with you the most and circle them.

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STEP 3: WORK ONLY WITH THE WORDS YOU HAVE CIRCLED OR HIGHLIGHTED IN STEP 2 TO REDUCE TO YOUR TOP 10 OR SO VALUES AND BELIEFS.

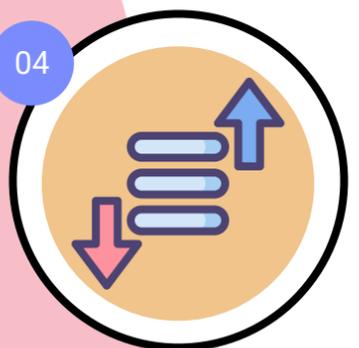
Boil down the list to just a few items. You can use index cards or post-it notes if it's easier to do this process.



STEP 4: PUT THE LIST OF VALUES AND BELIEFS IN ORDER WITH THE FIRST BEING THE MOST IMPORTANT.

For example, if life stability is most important to you in comparison to the other values and beliefs, put that on top of the pile.

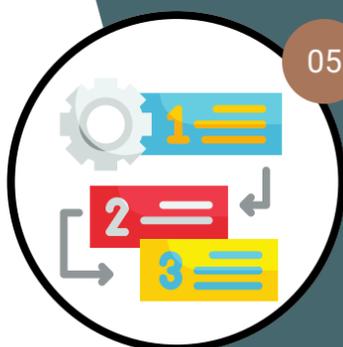
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STEP 5: USE MICROSOFT WORD, EXCEL, A JOURNAL, OR A VISION BOARD TO WRITE DOWN THE ORDER OF YOUR 5 PRIORITIZED VALUES AND BELIEFS.

This step allows you to have a visual representation of your core values.



STEP 6: FOR THE TOP 5 CATEGORIES, WRITE DOWN A GOAL AND SOME ACTION PLANS YOU ARE GOING TO TAKE.

The action plans are very specific ways that the overarching goals can be reached - goals that are set based on your core values and beliefs.

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STEP 7: FOLLOW UP OR MONITOR YOUR ACTION PLANS, GOALS, AND CORE VALUES AND BELIEFS AT LEAST ONCE A MONTH.

Hold yourself accountable for achieving success. If you are not following through, make adjustments. If you are following through, make time for small celebrations!

