

SELF-AWARENESS

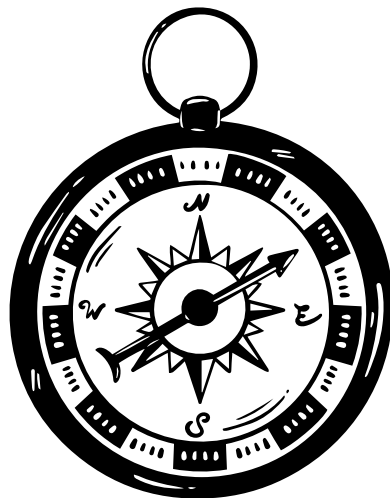
VALUES COMPASS

"When your values are clear to you, making decisions becomes easier." — Roy E. Disney

On the journey towards cultivating self-love and building authentic confidence, discovering your core values is an absolutely essential step. That's because your values serve as the foundational principles that guide your choices, shape your character, and provide a sense of purpose and direction in every aspect of your life. In that sense, they can serve as an invaluable compass when facing tough decisions and navigating the complexities of the modern world, while stay true to your authentic self.

As a first step in discovering your core values, take some time to review the values listed on the next page. Don't overthink it; simply choose the ones that resonate with you. Remember, there are no right or wrong answers in this process, and your core values are deeply personal.

Now comes the most difficult part: Once you've marked all the values that feel true to you, try to pick a maximum of 3 for each major area of your life (e.g. work, relationships, self, ...). These selected values should reflect what matters most to you in each domain, serving as your compass in the future (e.g. by asking: "Which of these options aligns more with my values?", "How can I live my values more fully in this domain?", etc.)



Acceptance	Financial Stability	Politeness
Achievement	Freedom	Positivity
Adaptability	Friendliness	Power
Adventure	Friendship	Pragmatism
Aesthetics	Generosity	Punctuality
Affection	Gratitude	Purpose
Altruism	Growth	Reliability
Ambition	Happiness	Respect
Appreciation	Harmony	Responsibility
Assertiveness	Health	Security
Authenticity	Helpfulness	Self-discipline
Balance	Honesty	Self-esteem
Beauty	Hope	Self-expression
Belonging	Humility	Selflessness
Caring	Humor	Sensitivity
Charity	Independence	Serenity
Collaboration	Initiative	Service
Commitment	Integrity	Simplicity
Compassion	Innovation	Solitude
Competence	Intelligence	Spirituality
Confidence	Intuition	Stability
Consideration	Inclusion	Strength
Consistency	Impact	Success
Contentment	Joy	Supportiveness
Cooperation	Justice	Sustainability
Courage	Kindness	Sympathy
Creativity	Knowledge	Teamwork
Curiosity	Leadership	Tolerance
Determination	Learning	Tranquility
Discipline	Legacy	Travel
Empathy	Love	Trust
Encouragement	Loyalty	Understanding
Endurance	Meaning	Uniqueness
Equality	Modesty	Unity
Excellence	Openness	Vision
Fairness	Optimism	Vitality
Faith	Patience	Warmth
Family	Peace	Wealth
Flexibility	Perseverance	Wisdom
Forgiveness	Playfulness	Wonder