



## WHAT ARE YOUR PERSONAL VALUES?

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### Why are values important?

Alexander Hamilton once said, *"If you don't stand for something, you will fall for anything."*

The importance of your values is that they let you know what you stand for.

When you know your values, it allows you to "fall" only for the things that align with your deepest held truths.

Knowing your values also helps you live authentically and be your authentic self, because you know the core of yourself.

### **Your values give you the groundwork for creating your most authentic and purposeful life.**

Beyond just giving you the framework for living authentically and purposefully, you can use your values to help you do other things!

Your values can help you set boundaries to create the space for the life you want to lead.

Your values can help you find and live your purpose.

Your values can help you make important life decisions, and find a workplace that aligns with who you are.

### Activity

What are your top 3 personal values	Why is this important to you	When will this value be challenged in your life