



5 STEPS TO IDENTIFY YOUR CORE PRINCIPLES

1 REFLECT ON KEY MOMENTS

Recall times when you felt truly fulfilled, satisfied, engaged, or authentic.

5 REFINE AND SYNTHESIZE

Reduce your list to 3 to 5 clear Core Principles. They should be practical enough to guide your daily choices, and support your short and long-term goals. The point is to have a small set of beliefs you can always rely on and stick to, even when things get hard.

2 IDENTIFY RECURRING THEMES

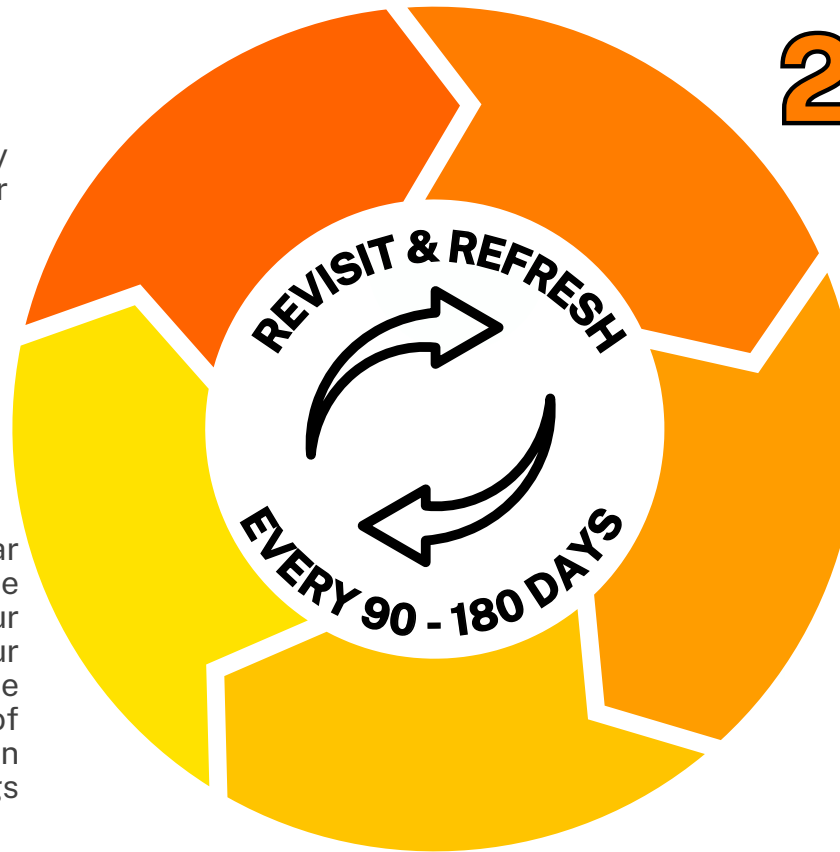
Note any recurring ideas, behaviors, or emotions from these key moments. Ask yourself what qualities or beliefs were present at those times.

3 ARTICULATE YOUR NON-NEGOTIABLES

Of these ideas, behaviors, qualities, or beliefs, which ones are truly essential? Which of them are parts of your identity you never want to change, or are necessary for you to be who you really want to be.

4 VALIDATE WITH YOUR LIFE STORY & GOALS

Compare these ideas with your life story. Do they align with your past key moments? Do they inspire you, help you achieve your goals, support your relationships, and how you want to be?





The Legal Athlete

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EXAMPLES:

CORE PRINCIPLES (3-5)

PURPOSE

IMPERFECT ACTION

INTEGRITY

ATTITUDE

FUTURE ME

WHAT DOES THIS MEAN?

EVERYTHING I DO SERVES MY ULTIMATE PURPOSE

DONE IS BETTER THAN PERFECT-- DAILY ACTION IS ESSENTIAL

I KEEP MY PROMISES TO MYSELF AND OTHERS

I AM AN ENERGY GIVER AND I CHOOSE MY PERSPECTIVE

I MAKE THE DAILY CHOICES FUTURE ME WILL THANK ME FOR



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CORE PRINCIPLES (3-5)

WHAT DOES THIS MEAN TO YOU?
