

Discovering Your Values

YOUR VALUES ACT AS A COMPASS FOR YOUR LIFE. THEY ARE THE FOUNDATION FOR WHICH YOUR LIFE IS BUILT. IDENTIFYING THEM SENDS A CLEAR MESSAGE ABOUT WHO YOU ARE, WHAT YOU BELIEVE IN AND WHAT YOU STAND FOR. KNOWING YOUR CORE VALUES ALLOWS YOU TO BE INTENTIONAL IN DEVELOPING THE LIFE YOU SEEK TO LIVE.

VALUES ARE THE ANSWER TO:

- WHAT'S IMPORTANT IN YOUR LIFE
- WHAT'S YOUR LIFE PURPOSE
- WHAT DO YOU ENJOY DOING?
- WHEN DO YOU FEEL SATISFIED & FULFILLED?

TAKE 10 MINUTES TO BRAINSTORM YOUR VALUES:

[illegible]


Take the List of Values and Combine Them Into Five Categories



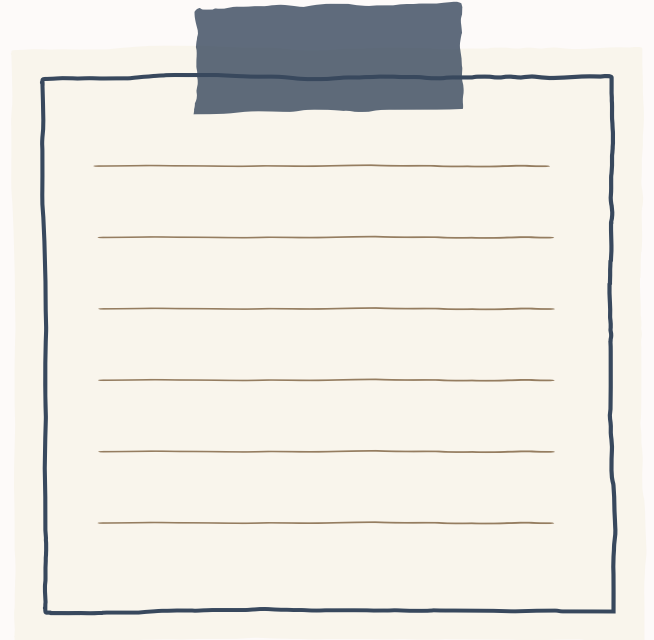
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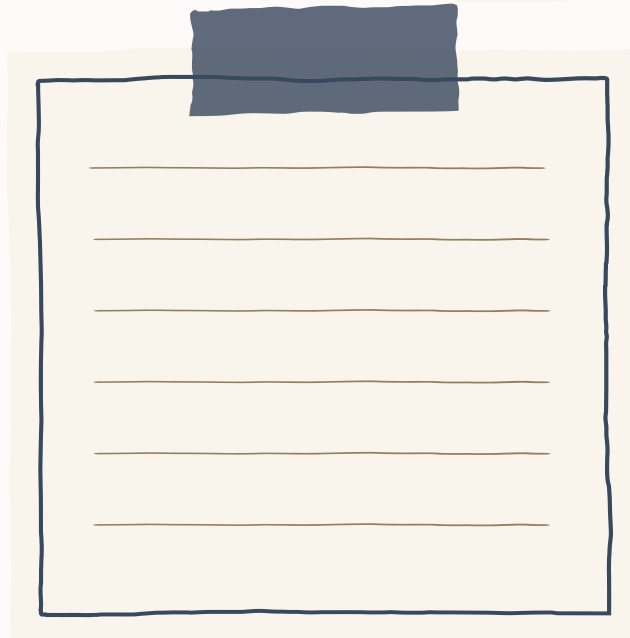
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Take the 5 Categories and Prioritize Them

1

.....

2

.....

3

.....

4

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5

.....

Value #1: _____

Take 5-10 minutes and Journal about the value

- What it Means to Me
- It is Important to Me Because

[illegible]

Value #2: _____

Take 5-10 minutes and Journal about the value

- What it Means to Me
- It is Important to Me Because

[illegible]

Value #3: _____

Take 5-10 minutes and Journal about the value

- What it Means to Me
- It is Important to Me Because

[illegible]

Value #4: _____

Take 5-10 minutes and Journal about the value

- What it Means to Me
- It is Important to Me Because

[illegible]

Value #5: _____

Take 5-10 minutes and Journal about the value

- What it Means to Me
- It is Important to Me Because

[illegible]