

Identify Your VALUES

To get an understanding of what your primary values are and in order to understand what is important to you, please answer the questions below

How do I want to feel in life and why?

Which people in my life inspire me and why?

If I could spend today doing whatever I desire, what would it be?

Where do I really want to live?

How do I feel whenever I achieve a life goal?

What's missing from my life?

Who are my biggest supporters?

What and/or who gets in the way of me achieving my goals?

My Core VALUES

Review the below list and without overthinking, circle each of the values that you feel resonates with you

Family
Freedom
Security
Loyalty
Intelligence
Connection
Creativity
Humanity
Family
Freedom
Beauty
Intelligence
Connection
Creativity
Humanity
Success
Respect
Invention
Diversity
Generosity
Integrity
Finesse
Love

Honesty
Adventure
Kindness
Teamwork
Career
Communication
Learning
Excellence
Quality
Commonality
Contributing
Spiritualism
Strength
Entertain
Wealth
Speed
Power
Affection
Cooperation
Love of Career
Friendship
Relationship
Encouragement

Courage
Compassion
Fitness
Professionalism
Knowledge
Patience
Change
Prosperity
Wellness
Finances
Gratitude
Facilitation
Effectiveness
Fun
Justice
Appreciation
Willingness
Contentment
Happiness
Patience
Forgiveness
Self-Respect
Peace

My Core VALUES

Review your core values that you identify with and narrow them down into five groups below. Group together values that have similar meaning to you and fit easily together

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Choose one of the values included in the group, or just a word that you feel captures the feel of the entire group.

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These are **your top 5 conscious level core values**

My Core VALUES

Once you have discovered your top 5 core values, use the below to identify how you will live with these values in your day-to-day life

Core Value No. 1:

How will you live this value in your day-to-day life?

Core Value No. 2:

How will you live this value in your day-to-day life?

Core Value No. 3:

How will you live this value in your day-to-day life?

Core Value No. 4:

How will you live this value in your day-to-day life?

Core Value No. 5:

How will you live this value in your day-to-day life?