

# 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?