

# Discover Your Core Values

WITH NICOMOCHI

1. THINK ABOUT WHAT MATTERS TO YOU RIGHT NOW. TAKE A FEW MINUTES TO SIT IN THOUGHT. IF YOU WOULD LIKE, TAKE NOTES ABOUT YOUR THOUGHTS!

2. TAKE A GANDER AT THIS LIST OF CORE VALUES, AND ADD YOUR OWN TO THE LIST FROM YOUR OWN SELF-REFLECTION.

PASSION    TEACHING    ACCOUNTABILITY    EMPOWERMENT    CONSISTENCY

WEALTH    CONNECTIONS    INTEGRITY    HAPPINESS    EQUALITY    CREATIVITY

KNOWLEDGE    SIMPLICITY    HOPE    COMMUNICATION    HEALTH    NATURE

ADVENTURE    PERSONAL DEVELOPMENT    CAREER    INTIMACY    FAITH    FUN

ENERGY    MEANINGFUL INTERACTIONS    SPONTANEITY    FAMILY    TRAVEL

TRUST    BALANCE    SUCCESS    LOYALTY    INSPIRATION    LOVE    DIVERSITY

AFFECTION    STABILITY    COMMUNITY    POWER    ORDER    GROWTH

RELATIONSHIPS    PEACE    RESPECT    LIFELONG LEARNING    FREEDOM    JUSTICE

CULTURE    CHANGE    RECOGNITION    COMFORT    AUTHENTICITY    SECURITY

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3. HIGHLIGHT AND LIST 10 CORE VALUES THAT YOU CURRENTLY FIND IMPORTANT. YOU DO NOT HAVE TO PUT THEM IN ANY PARTICULAR ORDER!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

4. WRITE NEXT TO YOUR 10 CORE VALUES WHAT EACH OF THE VALUES MEAN TO YOU.

5. PICK YOUR TOP THREE VALUES AT THIS MOMENT. WRITE THEM LARGE ON THE NEXT PAGE. BE BOLD AND PROUD.

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6. REFLECT ON YOUR TOP THREE CORE VALUES. WRITE DOWN YOUR VISION:

HOW MIGHT THESE CORE VALUES TRANSLATE INTO YOUR EVERYDAY LIFE?

WHAT ARE YOUR INDICATORS OF SUCCESS?

WHAT ARE SIGNS THAT YOU MAY NEED TO RECENTER?

*Always remember to BKTY (be kind to yourself).*

