

My Core Values

Values are what matters most to you. They are your attitudes and beliefs that motivate and drive you. They guide how you see the world and move in it.

Understanding your core values helps you be true to who you are. It also supports better, and more aligned decisions. For example, you can use your values as an internal compass on a role, or work you choose.

Being clear on your values also allows you to filter out distractions around you and reduces the likelihood of you being influenced by what others think or say. This enables you to stay true to what matters most to you.

Instructions

Write down your reflections on the questions below to discover your core values.

01

What gives you energy? (Reflect on those moments when you are fully engaged and in a flow state). What does it bring you?

*Example: I love **challenges** like learning a new language or solving a problem. It makes me alive to overcome them.*

02

What can't you live without? How has this impacted your decisions so far in your life?

*Example: I can't live without **financial stability**. That's why I moved countries.*

03

What behaviours can you not accept?

What opposite behaviours are showing up for you as important?

*Example: I can't accept people who are fake, so, I value **authenticity**.*

04

Review your responses to the questions in #1-3. What top 3-5 values are showing up?

*Example: Values that are showing up for me include **challenge, stability and authenticity**.*

05

How you are living out your core values? In what areas could they be more present to have a positive impact on you?

Example: I bring challenge in my work where I stretch myself. I need more stability though, so perhaps I should move from contract gigs to a full-time role.