

Defining my values



Everyone has a set of core values, whether you realize it or not. Your core values are your guiding principles in life. These values influence all the decisions you make in life...from deciding which jobs to apply for, to who you become friends with, and even which restaurants you'll visit. Use this worksheet to identify your core values. These values define your brand and make you marvelous.

Think about someone you admire. What adjectives describe that person?

When you are living your best life, what adjectives would you use to describe yourself?

In relationships with others, what are your "non-negotiables" for how other people behave?

It's your birthday 15 years from now and your best friends are giving you a toast. How do they describe you?

Based on the above information, what are your core values and how do you define them?
