

WHAT ARE MY CORE VALUES?

2020 has challenged all of us to be more thoughtful about what really matters to us. It gets down to what are your core values. This month, I want you to prepare to start the year off knowing your core values.

WHY?

Values determine destinies.

Values are fundamental beliefs that guide a person's thoughts, actions, and decisions. They serve as a moral compass about right and wrong and what is most important in a person's life.

For example, one of my core values is spirituality. For me, that means enlightenment. How am I tapping into my higher self and living a more intentional and purposeful life? My other core values include family, integrity, personal growth, and minimalism.

What are your core values? (List up to five core values)

1. _____
2. _____
3. _____
4. _____
5. _____

REFLECTION

As you think about what you value, ask yourself these two questions:

WHAT ARE YOU WILLING TO INVEST IN?

WHAT ARE YOU WILLING TO LET GO?

WHAT ARE MY CORE VALUES?

2020 has challenged all of us to be more thoughtful about what really matters to us. It gets down to what are your core values. This month, I want you to prepare to start the year off knowing your core values.

WHY?

Values determine destinies.

Values are fundamental beliefs that guide a person's thoughts, actions, and decisions. They serve as a moral compass about right and wrong and what is most important in a person's life.

For example, one of my core values is spirituality. For me, that means enlightenment. How am I tapping into my higher self and living a more intentional and purposeful life? My other core values include family, integrity, personal growth, and minimalism.

What are your core values? (List up to five core values)

1. _____
2. _____
3. _____
4. _____
5. _____

REFLECTION

As you think about what you value, ask yourself these two questions:

WHAT ARE YOU WILLING TO INVEST IN?

WHAT ARE YOU WILLING TO LET GO?