

STRENGTHENING YOUR CORE



Increasing Wellness By Focusing On
What Matters Most

My Core Values



What is most important to me in my life?

*Complete Values activity by choosing your **top 10**.*

Now Rank your top 10 in order of importance and list them below. (1 being the most important to 10 that is less important to you, but still valuable).

At this time in my life, my core values are:

1

2

3

4

5

6

7

8

9

10

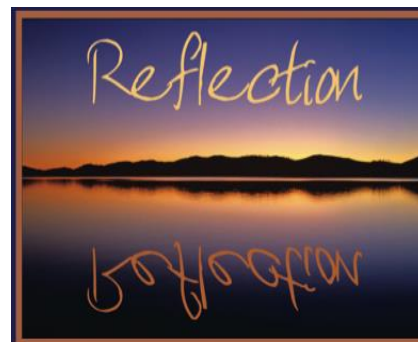
Value

A value is a way of being or believing that we hold most important. Living into our values means that we do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs.

Brené Brown

What are my **top 4** core values at this time in my life?

- 1.
- 2.
- 3.
- 4.



In what ways am I **living out my core values** now?

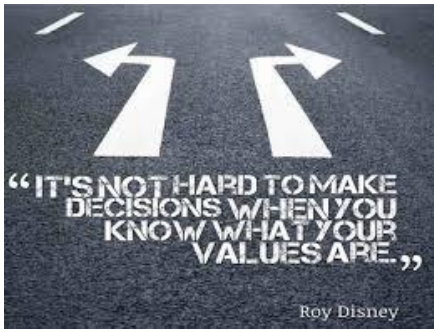
How does this make me feel?

<i>How I'm living out my values</i>	<i>Feeling</i>
1.	
2.	
3.	
4.	

In what ways am I **not living out my core values** now?

How does this make me feel?

<i>How I'm not living out my values</i>	<i>Feeling</i>
1.	
2.	
3.	
4.	



My Action Plan

I will continue to live according to my core values by.....

- 1.
- 2.
- 3.
- 4.

I will live out my core values more by.....

- 1.
- 2.
- 3.
- 4.

How will living more in harmony with my core values impact or increase my self-care?

How will living more in harmony with my core values impact others?