



# YOUR CORE VALUES

## EXERCISE 1

**Write down your core values.** *Examples*– family, honesty, love, health, wealth, fun, happiness, success, learning, intimacy, adventure, security, serenity, comfort, achievement

***Try to limit your core values to approximately 6-10, though there are no hard and fast rules***

***Some prompts to help you when defining your core values:***

- ***What is truly important to me in life?***
- ***When faced with a tough decision, how do I decide what course of action to take?***
- ***What concepts and principles guide my actions, my goals, my dreams?***

**My Core Values Are:**

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_

#6 \_\_\_\_\_

#7 \_\_\_\_\_

#8 \_\_\_\_\_

#9 \_\_\_\_\_

#10 \_\_\_\_\_

***CONSULT YOUR LIST OF VALUES THIS WEEK WHEN MAKING DECISIONS***

Also, visit <http://sidsavara.com/start-pages> and set a start page in line with your values if you find one – or email me [sid@sidsavara.com](mailto:sid@sidsavara.com) and suggest a start page