



CORE VALUES Exercise

Core Values reflect who you are at your deepest level of self-awareness and self-understanding. When you are in line with your core values, you live a life of integrity: every decision you make and every action you take is informed by these values. When you are not in line with your Core Values, you're likely to feel frustrated, trapped, frantic, disconnected and exhausted. When you are in line with your Core Values, you feel refreshed, purposeful, optimistic, relieved and authentic.

Core Values help you move forward in your life with clarity and direction. **They serve as guide posts for your journey of becoming empowered to live your best life. They help you decide how to spend your time, where to put your energy and how you serve your community with authenticity.**

ON THE NEXT PAGE:

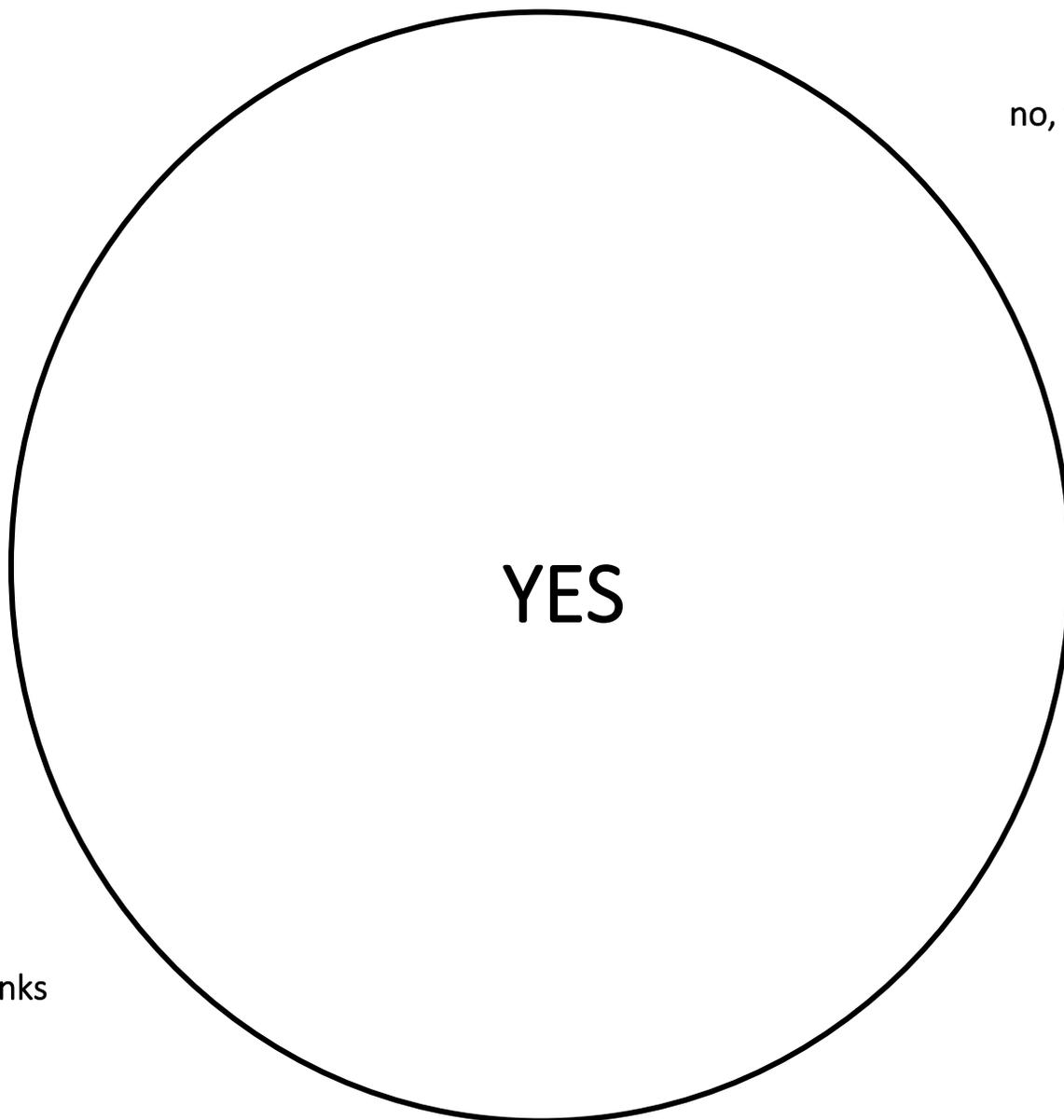
- Set a timer for 8 minutes.
- Begin with a moment of silence; three inhales and exhales. Get centered.
- Ask yourself these questions: "What words make me feel refreshed, purposeful, optimistic, relieved and authentic? What do I want to say **"YES"** to in my life?"
- Open your eyes, grab a pencil and start writing.
- Inside the **"YES"** circle, write everything that comes to mind. Stick with one or two word phrases.
- When you run out of steam, switch questions: "What words make me feel trapped and stressed? What do I want to say **"no, thanks"** to in my life?"
- Outside the circle, where it says, "no thanks" write all the words that makes you cringe. Challenge yourself to be truthful and vulnerable.
- After 8 minutes, set down your pencil and take a break. You may even want to set this aside until the next day.
- After your break, re-read what you've written in your **"YES"** circle. Which words do you resonate with the most soundly? Which make you feel content, refreshed and relieved? **Circle the 3 most meaningful words inside your "YES" circle.**
- **These are your 3 Core Values.** Write them on a sticky note and take them with you everywhere over the next few weeks. Read them often, refer to them daily, amend them as needed. If needed, you can refine the 3 words you've chosen to make sure they are accurate.
- **When you've got your 3 Core Values solidified, use this daily intention:**

I choose to live with: _____, _____, and _____.

I am open to receive that which is in my highest good.



CORE VALUES Exercise



no, thanks

no, thanks