



What are your core values?

Circle 10 values from the list that really stand out as **super important** to you. Then, pick your top five and order them by priority to you. If some overlap, you can combine them together as one item on your list.

LIST OF VALUES

- | | | |
|---------------|---------------------|---------------------|
| Adaptability | Family | Making a difference |
| Adventure | Financial stability | Nature |
| Authenticity | Forgiveness | Personal fulfilment |
| Belonging | Friendship | Safety |
| Career | Giving back | Self-respect |
| Collaboration | Gratitude | Spirituality |
| Community | Growth | Teamwork |
| Compassion | Integrity | Travel |
| Connection | Kindness | Vulnerability |
| Environment | Leadership | Wellbeing |

For full list see: <https://brenebrown.com/resources/dare-to-lead-list-of-values/>

Write your own:

My Core Values:

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



REFLECTION

Reflect on the different areas of your life outlined below and think about where things are working well, where there is a disconnect between your core values and your decisions, and what you could do to live more in line with your values.

For example, if your core values are kindness, adventure, authenticity, growth and family, under the area of Health & Wellbeing you could plan to do some volunteering as an act of kindness that supports your mental wellbeing. Under Relationships, you could commit to work-free Sundays so you can be with your family more. Under Work & Career, you might enrol in a training course to upskill yourself and satisfy your desire for growth. You can make your commitments as big or small as you like - whatever you feel will work best for you.

Area of my life	What could I do to be more in line with my core values?	<p>Goals/Action plan</p> <p>What goals and actions will you take this year to live more in line with your values?</p> <p>1.</p> <hr/> <p>2.</p> <hr/> <p>3.</p>
Health & Wellbeing		
Relationships (friends & family)		
Work and career		
Finance		
Fun & recreation		
Home environment		