

CORE VALUES WORKSHEET

Your core is a unique blend of your values, passions, and strengths. It's like a personal compass that guides you through life. Your passions fuel your enthusiasm and keep you engaged in life. Your strengths are the tools you use to build relationships and careers. Your values are the driving force behind your motivations and decisions. The convergence of these three elements forms your core, a reflection of who you are. When considering your passions, focus on what brings joy to your heart. When identifying your strengths, consider what you excel at and what others compliment you on. When defining your values, reflect on what is most important to you. There's no right or wrong way to approach this process. It's all about discovering your authentic self.

