

3. IDENTIFY YOUR CORE VALUES

To live an authentic life means you are clear about your core values, and you are making intentional decisions every day that reflect your foundational beliefs.

Ask yourself, What do I stand for?

HIGHLIGHT THE VALUES THAT ARE MOST IMPORTANT TO YOU:

- Accountability
- Achievement
- Adaptability
- Adventure
- Altruism
- Ambition
- Authenticity
- Balance
- Beauty
- Being the Best
- Belonging
- Career
- Caring
- Collaboration
- Commitment
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Curiosity
- Dignity
- Diversity
- Environment
- Efficiency
- Equality
- Ethics
- Excellence
- Fairness
- Faith
- Family
- Financial Stability
- Forgiveness
- Freedom
- Friendship
- Fun
- Future Generations
- Generosity
- Giving Back
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Job Security
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a Difference
- Nature
- Openness
- Optimism
- Order
- Parenting
- Patience
- Patriotism
- Peace
- Perseverance
- Personal Fulfillment
- Power
- Pride
- Recognition
- Reliability
- Resourcefulness
- Respect
- Responsibility
- Risk Taking
- Safety
- Security
- Self-Discipline
- Self-Expression
- Self-Respect
- Serenity
- Service
- Simplicity
- Spirituality
- Sportsmanship
- Stewardship
- Success
- Teamwork
- Thrift
- Time
- Tradition
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-Being
- Wholeheartedness
- Wisdom