

VALUES

Having values is essential for living a fulfilling and authentic life. They help us make choices that are true to who we are and what we believe in. Values also allows us to live with integrity, as we are able to act in a way that is consistent with our core principles.

Identify your top three (3) values. Start with a wide net and begin to narrow down slowly until you get to three in each category. If you run into trouble identifying these, ask yourself:

- Are these true to me?
- Am I my best when I'm pursuing these?
- Will these help me be my most authentic self?
- Will these help me get to my best self?

Use the next page as a resource to narrow down and identify your values. It may take a few times to find your three main values. Use the boxes to identify your top values, and begin narrowing down from there. Feel free to sit with your list for a few hours or days and don't hesitate to adjust them in a week or two if needed. What's most important is that you find what is true to you, not what feels good in the moment.

My Top 3 Values
