

# Exploring Your Core Beliefs

A Guide to Understanding and Defining Personal Principles

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## What Are Values?

Values are the beliefs and qualities that matter most to you. They guide your decisions, shape your behavior, and influence how you live your life.

## Values Brainstorm

Circle, highlight, or add values that feel important to you:

- Honesty
- Kindness
- Growth
- Respect
- Courage
- Family
- Friendship
- Health
- Balance
- Connection
- Purpose
- Joy

- Creativity
- Learning
- Responsibility
- Freedom
- Success
- Compassion
- Confidence
- Patience
- Integrity
- Gratitude
- Adventure
- Peace
- Discipline

Other values I care about:

**“Live in alignment with what matters”**

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## **My Top 5 Core Values**

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## **Reflection**

- Why are these values important to me?
  
  
  
  
  
  
  
  
  
  
- Where did these values come from? (experiences, people, culture, etc.)
  
  
  
  
  
  
  
  
  
  
- Do my current choices reflect these values? Why or why not?

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## **Values in Action**

How can I live these values in my daily life?

- **Value #1:** \_\_\_\_\_ → **Action:** \_\_\_\_\_
  
  
  
  
  
  
  
  
  
  
- **Value #2:** \_\_\_\_\_ → **Action:** \_\_\_\_\_
  
  
  
  
  
  
  
  
  
  
- **Value #3:** \_\_\_\_\_ → **Action:** \_\_\_\_\_

**"Your values guide your choices."**

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## **Decision-Making Check**

When making a decision, ask yourself:

- Does this align with my values?
- Will this choice move me closer to the person I want to be?
- Will I feel good about this decision later?

**A decision I'm currently facing:**

**What choice aligns best with my values?**

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## **Reflection**

- One value I want to focus on more this week: \_\_\_\_\_

- One small step I can take to live it out: \_\_\_\_\_

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**"When you live in alignment with your values, your life feels more meaningful and clear."**