Unearth Your Core Values

Play with these questions to begin your core values exploration:

What characteristics or values were present in the moments where I felt completely myself?

What characteristics or values helped me in the pride moments of my life?

What characteristics or values were lacking in the moments that angered, frustrated, or saddened me?

What values do my personal heroes embody or exhibit?

And then notice, what patterns are emerging?

Find the themes.

Narrow your list.

Create/choose your definition.

"Happiness does not come from a job. It comes from knowing what you truly value, and behaving in a way that’s consistent with those beliefs."

-- Mike Rowe

Resources:

Embody Your Core Values: Sunrise in Your Pocket Podcast
https://www.elenasonnino.com/podcast/embody-your-core-values

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