

STEP BY STEP: DISCERN CORE VALUES

CONNECT

- a. Think about the values you expect from yourself and from others in your daily life. Who have shaped you into your best self, and which of their values do you appreciate most? Write down up to 10 values that you identify with.
- b. Among the values you have listed, circle the ones you cannot compromise on. (My example of core value: “gratefulness”)
- c. Among the values you have listed, circle the values that you think others (e.g. family, team and friends) appreciate most of you.

CONNECT



- d. Share the core values you have circled with someone you trust. You should be able to provide specific examples of how you put these values into action in the past few days. Invite the person to affirm, add or challenge what you have just shared.
(My example on how I practice the core value of gratefulness: “Just yesterday, while driving, I initiated a conversation with my wife where we spent 10 minutes recollecting all the things we’re grateful for that day. I also thanked three friends for their help. And I thanked my son for sharing his snack with me.”)
- e. Revise or write down any new values or insights you learned from your conversation. Identify 3 or 4 core values that serve as guiding principles in your life.



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Write your core values here →

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