

# What's at your core?

Before setting goals, it's important to reflect on your **core values**.

Our core values are what **drive** us to pursue our goals. So by aligning them, we can give ourselves a kick start to achieving our goals.

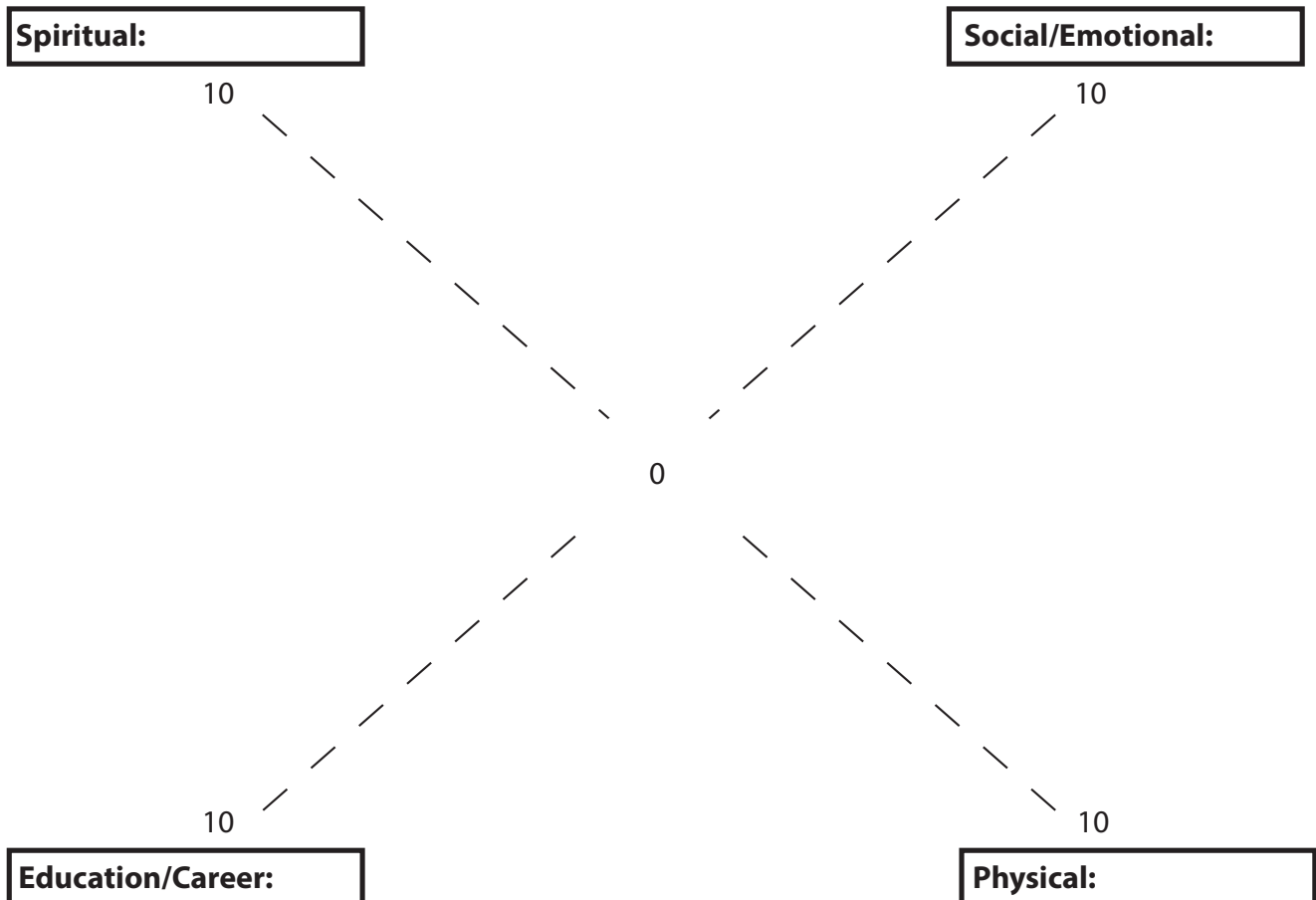
Ben Franklin is well known for his system of developing his character by listing his 13 virtues and acting on each of them every day. What could we achieve if we did the same?

The following quick exercises will help you:

- 1) Identify the areas of your life to define core values about.
- 2) Choose core values that resonate with you.



Place a dot on each line, (from 0-10) representing how energy you spend developing yourself in each area. Then connect the lines... Is the shape you made **balanced**? If not, let's redefine your values and set goals toward a more balanced life.



**Spiritual:** 10

**Social/Emotional:** 10

0

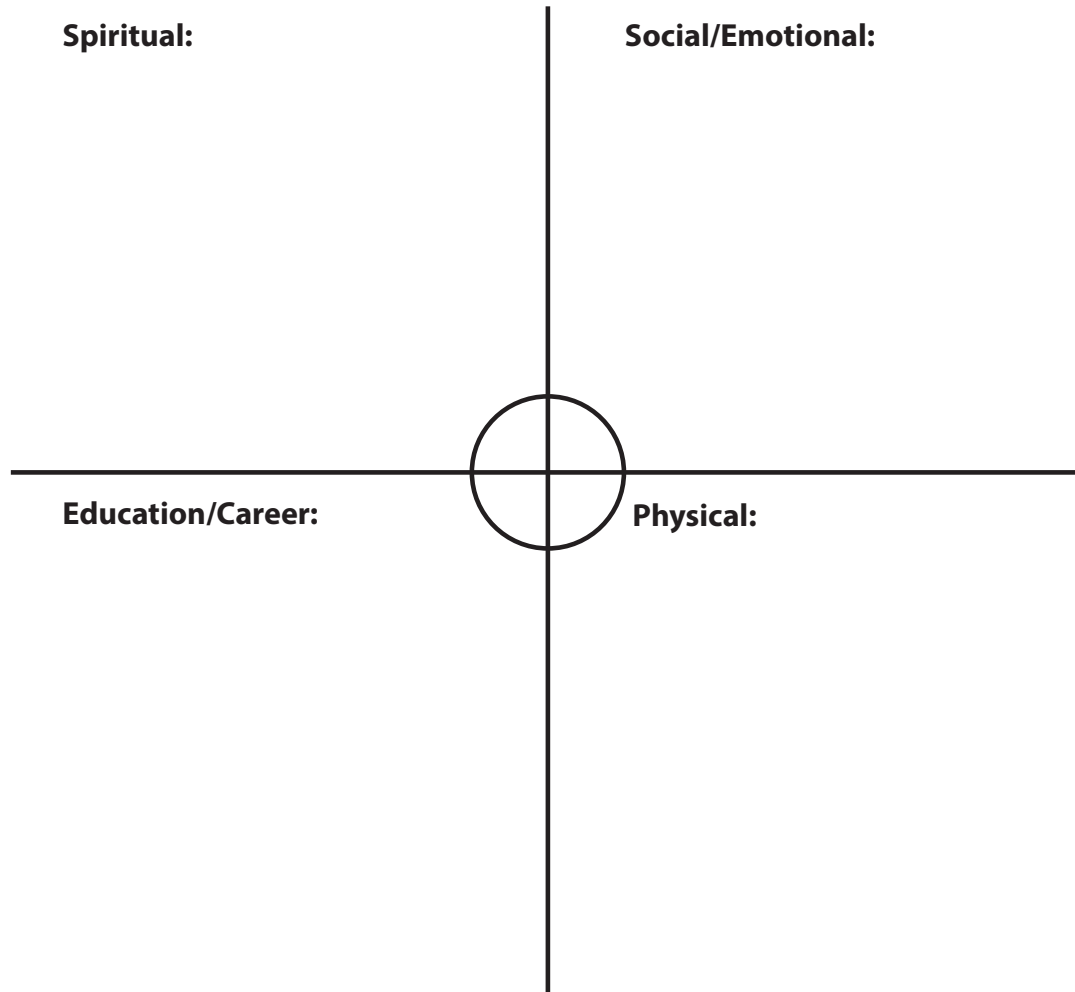
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**Education/Career:**

**Physical:** 10

# My Core Values:

List out **three** values for each of the categories which you believe best reflect your personal set of values. Then, use **your** values when setting goals to create goals you will be passionate about working toward! (A few example values are below)



## Spiritual:

Honest  
Humble  
Giving  
Unselfish  
Prayerful  
Trustworthy  
Grateful  
Forgiving  
Brave  
Faithful  
Trusting  
Peaceful

## Education/Career:

Motivated  
Wealthy  
Ambitious  
Hard Worker  
Educated  
Dependable  
Good Attitude  
Extra Mile  
Always Learning  
Reliable  
Consistent  
Respected  
Persistent  
Results Oriented

## Social/Emotional:

Family  
Friendly  
Cheerful  
Popular  
Enthusiastic  
Cooperative  
Patient  
Pleasing  
Team Player  
Likable  
Kind  
Thoughtful

## Physical:

Healthy  
Physically Fit  
Attractive  
Clean  
Eat Right  
Good Athlete  
Active  
Strong