



Welcome to the Core Values Program

In today's fast-paced world, it's easy to lose sight of what truly matters. This program is designed to help you reconnect with your inner self and discover the values that guide your decisions and actions. By embarking on this journey, you'll gain clarity about your personal identity and develop a strong foundation for living a life of purpose and integrity.

Throughout this program, you will engage in a series of reflective exercises that encourage deep introspection. You'll explore meaningful moments from your past, identify the qualities you admire in others, and pinpoint the principles that resonate most with your true self. Each exercise is carefully structured to gradually build a personalized set of core values that will serve as your compass in both personal and professional life.

The program is organized into five distinct phases: Self-Discovery, Core Values Identification, Prioritization and Articulation, Integration and Action, and Reflection and Growth. Each phase guides you step-by-step, providing clear instructions and ample space to record your insights.

This structured approach ensures that your journey is both comprehensive and transformative.

Get ready to unlock your inner potential and build a life aligned with your deepest values. Your journey toward intentional living and empowered decision-making starts now.

CORE VALUES

Love

LOVE GOD AND EACH OTHER

Generosity

BE GENEROUS IN ALL WE DO

Faith

CONTROL WHAT WE CAN CONTROL

Patience

REMEMBER WE ARE PART OF A BIGGER PLAN

Excellence

DON'T LET ANYONE OR ANYTHING PUT
LIMITATIONS ON WHAT WE CAN ACCOMPLISH



Phase 1: Self-Discovery & Reflection

1. Clarify Your Life Story

- **Exercise:** Write down moments when you felt most fulfilled or challenged. Identify recurring themes or decisions that resonated with your inner self.

2. Identify Role Models and Inspirations

- **Exercise:** List people you admire (mentors, leaders, family) and note the qualities that draw you to them.



Phase 2: Core Values Identification

1. Brainstorm a List of Values

- **Exercise:** Jot down words that describe qualities you believe are essential—integrity, perseverance, empathy, excellence, etc.

2. Narrow Down Your List

- **Exercise:** Review your list and select the five to seven values that most resonate with your life's purpose. Ask yourself: "Which values are non-negotiable in my decision making?"

Phase 3: Prioritization & Articulation

1. **Rank Your Core Values**

- **Exercise:** Order your selected values in terms of importance. Consider which values guide your choices daily and which are foundational to your long-term vision.

2. **Craft a Personal Values Statement**

- **Exercise:** Write a short, powerful statement that encapsulates each core value and what it means for you. For example, “I value integrity—acting honestly in all situations, even when no one is watching.”

Phase 4: Integration & Action

1. Align Your Daily Habits

- **Exercise:** For each core value, identify one habit or behavior that reinforces it (e.g., if “excellence” is a core value, set aside time for daily skill-building).

2. Decision-Making Framework

- **Exercise:** Create a simple checklist for major decisions: “Does this choice align with my core values?” Refer to your personal values statement when in doubt.

Phase 5: Reflection, Accountability & Growth

1. Regular Check-Ins

- **Exercise:** Set aside a weekly or monthly time to review how well your actions and decisions align with your core values. Adjust your habits if necessary.

Seek Feedback & Community

- **Exercise:** Share your core values statement with a trusted friend, mentor, or community group. Invite feedback and discuss ways to reinforce these values in everyday life.
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Final Thoughts

By following this program:

- **You'll discover** the unique values that form the foundation of your character.
- **You'll articulate** these values into a personal statement that serves as your guiding light.
- **You'll integrate** these values into daily habits and decision-making processes, ensuring that every step you take is in alignment with your authentic self.