



DISCOVERING AND DEFINING YOUR CORE VALUES

THE HEALTHY, HAPPY & WHOLE LIFE

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The Power of Core Values: How to Discover What Truly Drives You

Core values are the foundation of who we are, guiding our decisions, shaping our relationships, and aligning us with our purpose. Whether consciously or unconsciously, they influence every aspect of our lives.

This ebook will guide you through the process of discovering and defining your own core values so you can live a life in alignment with your true self.

What Are Core Values?

Definition:

- Core values are the essential beliefs that shape your behavior, mindset, and priorities. They are the compass by which you navigate the world, helping you stay grounded and make meaningful choices.

Examples of Core Values:

- Integrity: Doing what's right, even when no one is watching.
- Empathy: Understanding and caring for others.
- Growth: Continuous self-improvement and learning.
- Freedom: The ability to make your own choices without constraint.

Importance of Core Values:

- They guide decision-making.
- They shape how you interact with others.
- They help you stay true to your authentic self.

How to Identify Your Core Values

Step 1: Reflect on Your Fulfillment

- Think about times in your life when you felt the most fulfilled and proud. What were you doing? Why did it feel significant? These moments can reveal values like achievement, contribution, or creativity.

Step 2: Consider Role Models

- Identify people you admire. What traits do they embody? If you admire someone's kindness, independence, or work ethic, these qualities could be part of your core values.

Step 3: Evaluate Your Reactions

- Notice your emotional responses to situations. What upsets or excites you? If you feel strongly about fairness, respect, or personal freedom, it's likely these are central to your values.

Defining and Prioritizing Your Core Values

Step 4: Make a List

- Create a list of values that resonate with you from your reflections. Use a mix of those you've identified through experiences, admired qualities, and emotional reactions. For example:
 - Honesty
 - Compassion
 - Ambition
 - Family

Step 5: Narrow it Down

- Narrow your list down to 5-10 values that are most important to you. Ask yourself which ones you couldn't live without and which ones resonate with how you want to live your life.

Step 6: Define Your Values

- Write a short definition for each value in your own words. This will help you clarify what each one means to you personally. For example:
 - Integrity: Always being honest and doing the right thing, regardless of consequences.
 - Growth: Continuously striving to learn, evolve, and improve myself in all areas of life.

Living in Alignment with Your Core Values

Aligning Decisions with Your Values

- Once you've defined your core values, use them as a filter for making decisions. Ask yourself: "Does this choice align with my values?" This applies to relationships, career choices, personal growth, and even daily habits.

Benefits of Living by Your Values

- You'll feel more confident and fulfilled because your actions reflect who you truly are.
- You'll be less likely to compromise on things that matter to you.
- You'll attract people and opportunities that align with your core values.

Discovering and defining your core values is a powerful step toward living authentically. By knowing what matters most to you, you create a roadmap for making decisions that honor your true self. Let your values guide you toward a life of fulfillment, purpose, and alignment.