

Week 5: Vitality

Identifying Core Values

"Values are like fingerprints. Nobody's are the same, but you leave them all over everything you do". -Elvis Presley

Values are basic and fundamental beliefs that guide and motivate attitudes and actions.

Values represent our priorities in life and are an essential part of who we are. Identifying our core values can be difficult, as it requires self-reflection on which qualities align with our priorities and future goals. Identifying our values can help us recognize what we want from our lives and provide a moral compass for living.



Exercise:

Take a look at some of the core values listed below. Check off the 5 core values that are most important to you.

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Family | <input type="checkbox"/> Love |
| <input type="checkbox"/> Success | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Beauty |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Spirituality | <input type="checkbox"/> Intelligence |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Health |
| <input type="checkbox"/> Education | <input type="checkbox"/> Authenticity |

Reflection:

How did this exercise make you feel? Did you find it difficult to identify your personal values? Why are these values so important to who you are? Were there any values missing that you would add to your list?



Challenge: Think about how your actions align with your values this week.