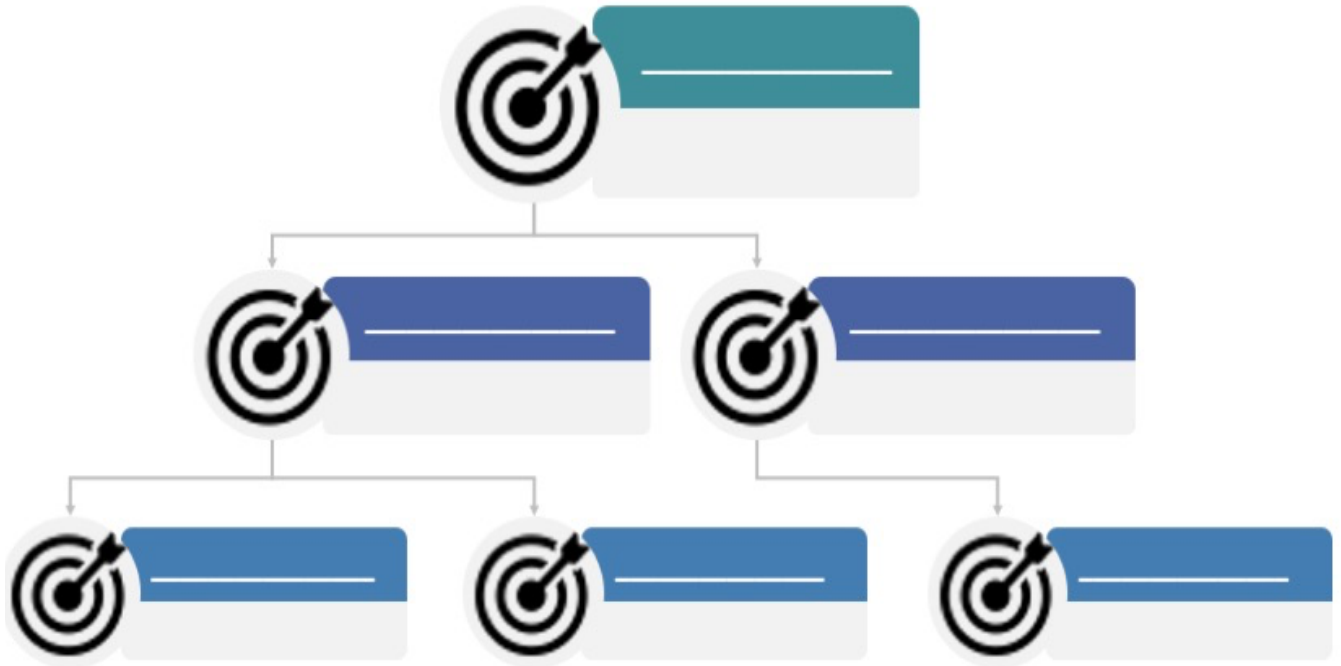

Finding Your Core Values



Instructions:

- I. Consider a situation that you've recently had difficulty with or are currently focusing on.
- II. Select six (6) Values from the provided list that touch upon the situation.
- III. Place those six in the provided pyramid or list with 1 being the most important, 2 being less and so on.
- IV. After looking at several different situations, find common Values and select 3. These can be looked at as your "core" or central Values tied to your self-image.

Situation 1: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Situation 2: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Core Values

(_____) (_____) (_____)

Situation 3: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Situation 4: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____