

Discover Your Core Values

Step 1: Review the list of values.

Step 2: Choose your top 10 values and write them down.

Step 3: Narrow the list to your top 5 values.

Step 4: I know this is painful, but narrow it down again to your top 3 values.

When making choices about food, activity, family, work, or any other life decision, ask yourself – Is this choice in line with my values? Where am I out of alignment?

