

# *Secret One - Self Awareness - Week Six*

## *Your Core Values*



What is really important to you?

When completing the exercise on the next page to help you understand what really is important to you, ask yourself the questions below to help you to get clear on what is really important to you regardless of what others think or you feel 'should be important.

Use this space below to reflect and brainstorm this:

What is really important in my life?

What do I want my name to be associated with?

What would I love friends and family to say at an 80th birthday party?

*'I don't  
want others  
to decide  
who I am.*

*I want to  
decide that  
for myself'  
- Emma  
Watson'*

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What is really important for you in your life?

From the list, select the values that you feel are the most important to you and also any others that might not be included on this list.

Narrow your list down to ten, then five and finally your top THREE values.

Achievement    Adventure    Art    Fun

Balance    Fame    Health    Challenge    Truth

Integrity    Trust    Creativity    Freedom    Community

Effectiveness    Family    Independence    Growth

Spirituality    Happiness    Purpose    Security

Wisdom    Peace    Power    Relationships    Love

Fame    Honesty    Laughter    Loyalty    Money

Order

Connection    Self respect    Spontaneity    Pleasure

Passion    Nature    Knowledge    Recognition    Success

Status    Awareness    Serenity    Friendships

MY TOP THREE VALUES IN LIFE ARE:

*Be open to  
change,  
you never  
know how  
beautiful it  
can be'*

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My Top three values in life really are:

Have I been deceiving myself with what I thought was important to me?

How will understanding my core values impact on decisions I make in the future and how I will begin to live my life?

*'The best project you will ever work on is you'*