

Name \_\_\_\_\_

WHO  
AM I



Your core values can determine your behavior. Often people feel unhappy because they are struggling to shift something that they just know is off. This "off-ness" can be defined as negative energy or a habit that is doing you harm.

The following activity is used as a leadership exercise in businesses, but it is a powerful practice that can help you understand yourself even better.

Turn to the next page and circle 10 values that you really feel represent you.

Start to cross out words that you have circled until you get to 3 words that represent the core values that you hold for yourself, or want to hold for yourself.

When you are done, move to the next page and begin to answer the questions.

- Family
- Freedom
- Security
- Loyalty
- Intelligence
- Connection
- Creativity
- Humanity
- Success
- Respect
- Invention
- Diversity
- Generosity
- Integrity
- Finesse
- Love
- Openness
- Religion
- Order
- Advancement
  - Respect
  - Joy/Play
- Forgiveness
- Work Smarter and Harder
- Excitement
  - Change
- Goodness
- Involvement
  - Faith
  - Wisdom
  - Beauty
  - Caring
  - Personal Development

- This Too Shall Pass Attitude
  - Honesty
  - Adventure
  - Kindness
  - Teamwork
  - Career
- Communication
  - Learning
  - Excellence
  - Innovation
  - Quality
- Commonality
- Contributing
- Spiritualism
  - Strength
- Entertain
  - Wealth
- Speed
- Power
- Affection
- Cooperation
- Love of Career
- Friendship/Relationship
  - Encouragement
- Pride in Your Work
  - Clarity
- Fun-Loving
- Charisma
- Humor
- Leadership
  - Renewal
- Home

- Be True
- Contentment
- Friendship
- Courage
- Balance
- Compassion
  - Fitness
- Professionalism
  - Relationship
  - Knowledge
  - Patience
  - Change
- Prosperity
- Wellness
- Finances
- Gratitude
  - Grace
- Endurance
- Facilitation
- Effectiveness
  - Fun
  - Fame
  - Justice
- Appreciation
  - Willingness
- Trusting Your Gut
- Giving People a Chance
  - Patience
  - Forgiveness
  - Self-Respect
  - Abundance
  - Reciprocity
  - Enjoyment
- Entrepreneurial
  - Happiness
  - Harmony
  - Peace



What are your three core values?

---

Did you already know that these were your values, or is this a new activity for you?

---

---

Describe what a person with these core values might do in a difficult situation?

---

---

---

---

---

What is a situation that you will have soon, where you might be able to practice your value?

---

---

---

---