



## your core values

Being courageous – whether it’s trying something new, or standing your ground, or saying your peace – calls on you to experience a certain amount of vulnerability. And vulnerability is never comfortable. This worksheet will help you identify your core values ... and identify who you should thank for showing you the way.

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### 1. Who do you admire the most in your life?

Take a moment to think about 3 – 5 people who inspire you. This could be a friend, or someone you’re related to. It can also be someone famous, who you’ve never met before. Write their names down in this space.

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### 2. What is it that you admire most about these people?

For each of the people who you’ve listed above, spend some time writing why they inspire you. Next to each of their names, write, stream-of-consciousness, all of the ways that they make you want to be a better person. For each person write everything that you can think of until you’re exhausted, and then move to the next.

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### 3. What traits do two or more of the people who you admire share?

Make a note of any patterns that appeared from your thoughts in (2). Any traits that you see popping up more than once, be sure to capture it.

Because here’s the thing: **we choose the people we admire because they embody our most closely held values.** So any of their traits that show up are a sign that these are the values that you hold most dear. And standing in these values are what is going to give you courage when you’re scared to try something new, or need to stand your ground. Hold them close.

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### 4. BONUS EXERCISE: send an email to the individuals you listed in (1), thanking them for their inspiration.

Because not only do these people deserve your praise, but it will absolutely make you feel good to let them know that they had a positive impact in your life. So consider taking the traits that you listed as inspiration, and write an email that expresses your gratitude for their presence in your life. If a person that you listed is famous, google to find out who their management is, or if their website has a contact form.

And then go celebrate with your favourite comfort beverage. You’ve earned it, you light-maker, you.