



Choosing Values To Live By

There are 2 types of values that an individual can live their life by.

Should Values = Okay

Core Values = Best

The Should Values are those that you believe you should be incorporating into your life, but they don't really resonate with you because they are usually society's or someone else's.

The Core Values are those that truly represent everything you are, stand for, and radiate the authentic you into your daily living.

Most individuals live their lives by Should Values. While there is nothing wrong with that, it will prevent you from creating the life you want to live and it will prevent your essence from truly expressing itself.

So, what we are striving for is for you to live your life by your Core Values only.

Identify which category the majority of your values come from. Should or Core?

Identify 1-3 Should Values and eliminate them this month. Replace the exact amount with your Core Values. List the Core Values you will replace them with here.

1. _____

2. _____

3. _____