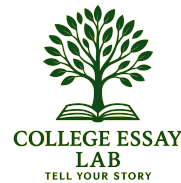


# Values Exploration

Identify core values and beliefs that drive your decisions.



## How to explore:

Set a timer for about 10 minutes. Complete the following sentence starters without overthinking. Write what comes naturally without edits.

**"I believe strongly that..." (Write 7-10 responses)**

**"I feel most fulfilled when..." (Write 5 responses)**

**"I am willing to struggle or sacrifice for..." (write 3-5 responses)**

**"A perfect day for me includes..." (Write 3 responses)**

**"I admire people who..." (Write 3-5 responses)**

**Clean-up: Consider which values are emblematic of you and might distinguish you from others. Circle recurring themes, these represent your authentic values.**

**Write your identified values here:**