

UNCOVERING YOUR CORE PRINCIPLES

Core Values + Personal Ethics + That Little Voice in Your Head

Major Events: List the top THREE major events that have shaped who you are right now (positively or negatively) and consider why each event was important to you and how it made you feel. Think about the common threads that tie these events together:

1 EVENT: _____

IMPORTANCE: _____

KEY FEELINGS: _____

2 EVENT: _____

IMPORTANCE: _____

KEY FEELINGS: _____

3 EVENT: _____

IMPORTANCE: _____

KEY FEELINGS: _____

Conscience Triggers: That little voice in your head is guided by your Core Principles. Think concisely about times in your every day life when you feel strong emotions (excitement, anger, anxiety, stress, accomplishment) and what internal principles trigger these emotions. This exercise is a good start, but pay attention to these triggers moving forward.

When I feel excited about something, I know because _____
(FEELINGS OR PHYSICAL SIGNS)

One thing that I was taught that has always stuck with me is _____
(RULE OR VALUE)

I feel most at-ease when I'm _____ with _____
(ACTION) (PERSON OR PEOPLE)

When I'm feeling anxious or stressed out, I tell myself _____
(ANECTODE)

Your Core Principles: You don't have to get them right the first time, but you have to start somewhere. Write down three statements for your Core Principles and try them on for size. You can tweak as you go.

1 _____

2 _____

2 _____