

My Core Values

Defining your core values can help make those tough decisions in life, no matter how big or small. It can also provide clarity on your goals and intentions.

Choose up to six values from the list below that best resonate with you, then highlight them in the boxes below (try not to exceed six so you can focus on what truly matters).

Love	Courage	Humility
Kindness	Beauty	Expression
Fun	Simplicity	Persistence
Playfulness	Achievement	Generosity
Integrity	Learning	Lightness
Purpose	Discipline	Honesty
Ambition	Vision	Compassion
Individuality	Respectfulness	Service
Enjoyment	Flexibility	Creativity
Community	Equality	Optimism

Practical Steps for Strengthening Intuition & Authenticity

1. Listen to your body.

Your intuition often shows up in physical sensations—pay attention to how your body feels when you're faced with a decision.

2. Create space for stillness.

Sometimes, the noise of life drowns out your inner voice. Meditation or even just a few moments of quiet reflection each day can help clear your mind and sharpen your intuition.

3. Check in with your values.

Whenever you're about to make a decision, ask yourself: 'Does this align with my core values?' If the answer is no, you're probably stepping away from your authentic self.

4. Take small risks.

Challenge yourself to act on your intuition in small ways—whether it's saying no to something that doesn't feel right or saying yes to an opportunity that excites you. Each time you do, you'll build more confidence.

5. Surround yourself with authentic people.

When you're around people who are true to themselves, it gives you permission to do the same.