

CORE VALUES ASSESSMENT

Think on your current life's purpose?

Write it here. Be as specific as possible

What are your personal guidelines for living in the world?

What core values reflect this purpose?

How do you define your core values?

Think on your current identity. Fill in the sentence, I define my identity as..

Write it here. Be as specific as possible

What are you known for and by whom? Are you accepting of these traits? Why or why not?

Which parts of yourself do you reveal to others? Which do you censor? Why? Write your response here.

How would you like to be seen in the world? Why? Is there anyone in your life that influences this view? Explain below.

HOW TO GET UNSTUCK: EXPLORING CORE VALUES

Before you begin this exploration, I invite you to let go, be kind to yourself and approach your thoughts with an open heart. These questions were created to challenge your thoughts, values and perception of the world to see you as you are and make steps to change anything you desire.

Let's start with a quick breathing exercise.

- 1. Inhale to the count of 2.*
- 2. Exhale to the count of 2.*
- 3. Inhale to the count of 2.*
- 4. Exhale to the count of 4.*
- 5. Inhale to the count of 2.*

What do you love about you?

Look in the mirror, what do you see? Affirm yourself. Write it here.

Take a thought you have. Explore it. Whose thoughts are they? Validate your thought below.

PULL YOURSELF TOGETHER PLAN

If you are feeling suicidal, homicidal, or any of the other “cidals” do not pass go, do not collect \$200, skip directly to step four.

Step1) Recognize when it's time for you to utilize your plan.

Step 2) Healthy coping skills.

Sadness	
Anger	
Disgust	
Fear/Anxiety	
Other	

Step 3) Misery loves company. Call your friends!

Name	Phone Number

Step 4) Time to bring in the professionals.

Local Emergency	
Mental Health Agency or Professional	
Hotlines	