

MY CORE VALUES

MAKE IT HAPPEN CHALLENGE
SIZZLING TOWARDS 60 & BEYOND

Do you know what your core values are?

Values are defined as Principles or standards of behaviour; one's judgement of what is important in life. They are our compass that points us in the right direction. I've attached a list of core values. Take a moment to think about your values based on this definition and circle your top 5 values from the list.

Use these as motivation to Make It Happen in 2020.

Adventure	Fulfilment	Kindness	Self-reliance
Balance	Forgiveness	Knowledge	Service
Confidence	Fun	Love	Spirituality
Control	God	Lifestyle	Strength
Creativity	Growth	Marriage	Success
Discipline	Happiness	Peace of Mind	Truth
Education	Health	Power	Unity
Faith	Hope	Progress	Wealth
Family	Honesty	Reason	Wisdom
Financial	Humour	Respect	*
Security	Independence	Security	
Friends	Integrity	Self-Expression	
Freedom			

My top 5 core values – what matters most to me

1.
2.
3.
4.
5.