



CREATING YOUR KICK-ASS IDENTITY

Lesson 2





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Our Core Values are:

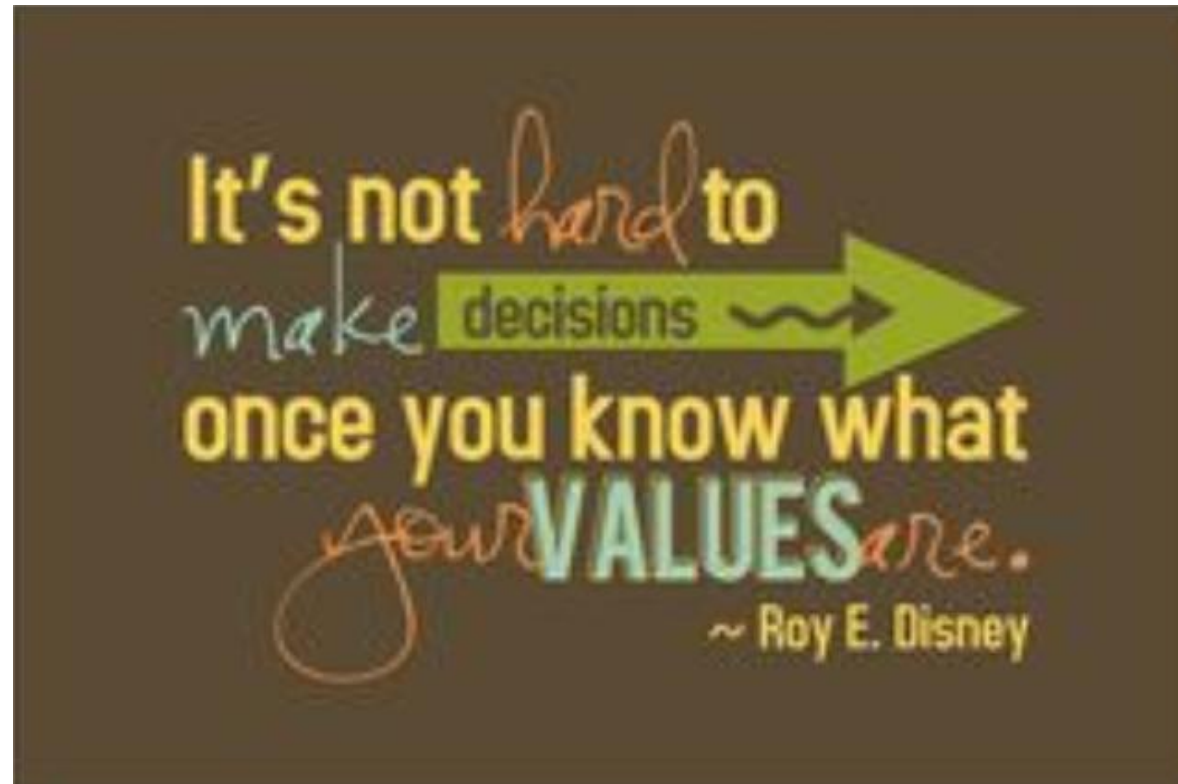
- our fundamental beliefs
- our guiding principles that dictate how we should live our lives
- what help us understand the difference between right and wrong
- what set our priorities in life
- help us determine if we are on the right track





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When we are conscious about our values, we can make better decisions.

For ex: choosing a partner, choosing a profession, choosing a company to work for, choosing our friends.

Values show us the right way for us.



Barbara Roux-Levrat

Emotional Strength



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A lot of our values have come from:

- our family
- our culture
- our religion
- the world around us

In other words, they are not necessarily ours.



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Let's explore your values.

- 1) When have you got very angry/upset/irritated?
- 2) When have you been really happy?





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What do you think of these values?

Are these values that you want to hold on to?

Where do they come from?





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What are the values that you want in your life going forward?

Which decision are you facing that you could easily make by following your values?





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AN OLD VALUE OF MINE USED TO BE:

THE NEW VALUE I WANT TO FOCUS ON MOVING FORWARD IS:

