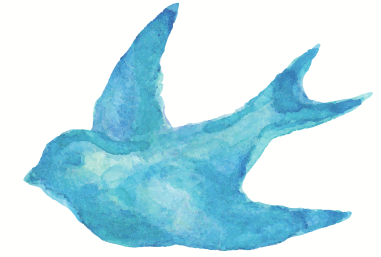


BE FREE
Core Values
 TABLE

RANK HOW YOU FEEL YOU'RE MEETING YOUR CORE VALUES WITH 10 BEING "I AM ABSOLUTELY ROCKING IT" AND 0 BEING "I AM DOING NOTHING WHATSOEVER TO SUPPORT THIS VALUE." LET'S NOW LOOK AT YOUR LOWEST SCORING VALUE AND DECIDE IF IT'S SOMETHING THAT'S TRULY IMPORTANT TO YOU. IF SO, WHAT CAN YOU DO TO RAISE THIS SCORE? AND HOW SOON CAN YOU DO SO? THE TABLE BELOW IS A GREAT WAY TO STAY ACCOUNTABLE IN MEETING YOUR VALUES AND NEEDS.



CORE VALUE	SCORE	ACTIONS TO INCREASE SCORE	BY WHEN?

Suggestions

- Authenticity
- Achievement
- Adventure
- Balance
- Beauty
- Boldness
- Calm
- Compassion
- Creativity
- Decisive
- Discipline
- Empower
- Energy
- Family
- Fidelity
- Friendships
- Giving
- Gratitude
- Growth
- Honesty
- Hope
- Independence
- Joy
- Kindness
- Knowledge
- Learning
- Liberty
- Love
- Motivation
- Openness
- Passion
- Patience
- Realistic
- Respect
- Risk
- Selfless
- Silence
- Spirit
- Talent
- Tolerance
- Trust
- Unity
- Vitality
- Wealth