

## Activity: Your Values in Action

**Time: 20 – 30 minutes**

Now that you've identified your top five core values, it's time to explore how they show up in your daily life.

### Step 1

Determine and record a principle that corresponds to each value listed in your top five. As I said earlier, your core values influence your principles which guide your daily decisions and actions.

See the example below:

**Value**

*Perseverance*

**Principle**

*I will never give up. I will always finish what I started.*

### Step 2

Answer and reflect on the following questions:

- How do my top five values and corresponding principles show up in my daily actions and decisions? Record an example.
- What happens to my behavior when my values are violated? Describe an example.