

AGE	14	15	16	17	18	19	20
	Core value						
SUCCESES							
CHALLENGES							
PERCEIVED FAILURES							
	Core Value #1 Core Value #2 Core Value #3 Core Value #4 Core Value #5 Core Value #6	Core Value #1 Core Value #2 Core Value #3 Core Value #4 Core Value #5 Core Value #6	Core Value #1 Core Value #2 Core Value #3 Core Value #4 Core Value #5 Core Value #6	Core Value #1 Core Value #2 Core Value #3 Core Value #4 Core Value #5 Core Value #6	Core Value #1 Core Value #2 Core Value #3 Core Value #4 Core Value #5 Core Value #6	Core Value #1 Core Value #2 Core Value #3 Core Value #4 Core Value #5 Core Value #6	

TOP 10 COMMON CORE VALUES	CORE VALUES	Review core values and become aware of your emotions as you review the list. Become aware of your energy. Use a scale from 1 to 5 to determine the level of emotion for each one. 1: No Energy / 2: Little Energy / 3: Moderate / 4: High Energy / 5: Intense Energy			
		Happiness	Excitement	Anxiousness	Stress
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

21 **20** **23** **24** **25** **26** **27** **28**

29 **30** **31** **32** **33** **34** **35** **36**

37 **38** **39** **40** **41** **42** **43** **44**

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