



Worksheet: Your Core Stories

Values Exploration: What are the 3-5 values that matter most to you? For each value, can you think of a specific experience that helped shape or strengthen this belief?

[illegible]



Foundation Building: When you're clear about your values and their origin stories, how does this clarity show up in your daily life? How might it affect how others perceive and interact with you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

