

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?



Origin Story Mapping: Choose one of your core values. What's the story behind how you came to hold this value so deeply? What happened that made this principle non-negotiable for you?



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?	



Professional Applications: Think of a current work situation where sharing one of your core stories might be valuable. What would you want people to understand about what drives you? How might this story help others work better with you?	



Confidence and Influence: Reflect on how knowing your core stories migh change your presence in professional settings. What shifts when you're deeply connected to the stories behind your values?	