welcome to

HOW TO DEFINE YOUR CORE VALUES

TALIA BOMBOLA

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VALUES

Qualities, characteristics, or ideas about which we feel strongly.

A belief or feeling that someone or something is worthwhile.

Our values affect our decisions, goals and behavior.

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FACTS

Facts simply state what actually is. It is objective.

A fact is established by observation and measurement.

VALUES

Values are things we feel “should”, “ought”, or “are supposed to” influence our lives.

A value is a statement of one’s personal beliefs.

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Core

VALUES

Our core values affect our decisions, goals and behavior.

Core values define what is of worth, what is beneficial, and what is harmful.

Core values are standards to guide your action, judgments, and attitudes.

Not everyone has the same values, and you can't force others to adopt yours.

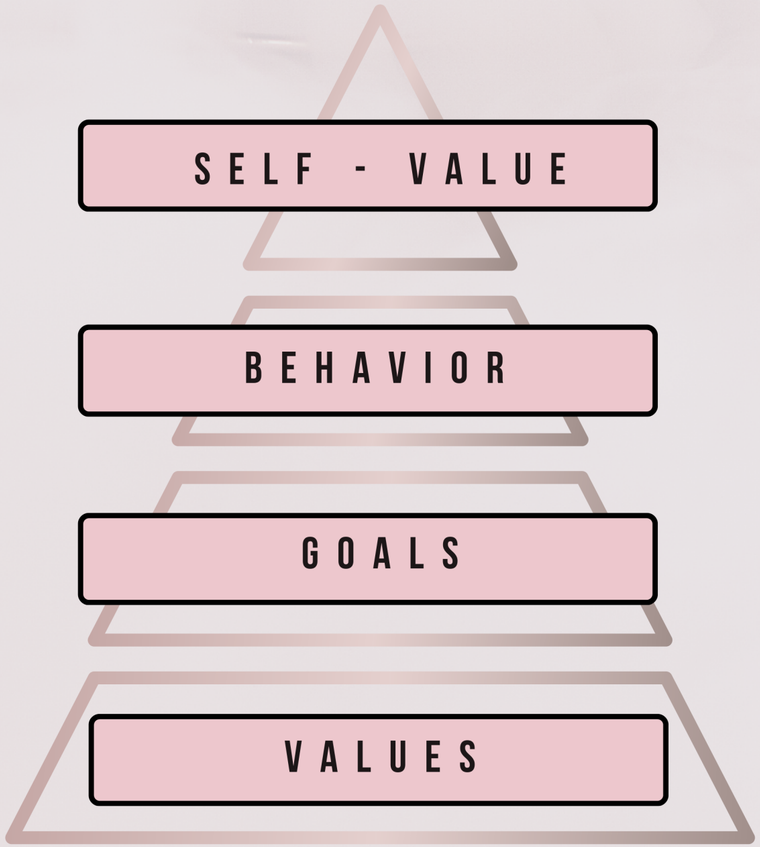
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Values

AS A FOUNDATION



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Values

WHERE THEY COME FROM?

Ages 1-4: parents, family members, caregivers

Ages 4-13: teachers, heroes, peers

Ages 14-20: peers (values because of peers or peers because of values?)

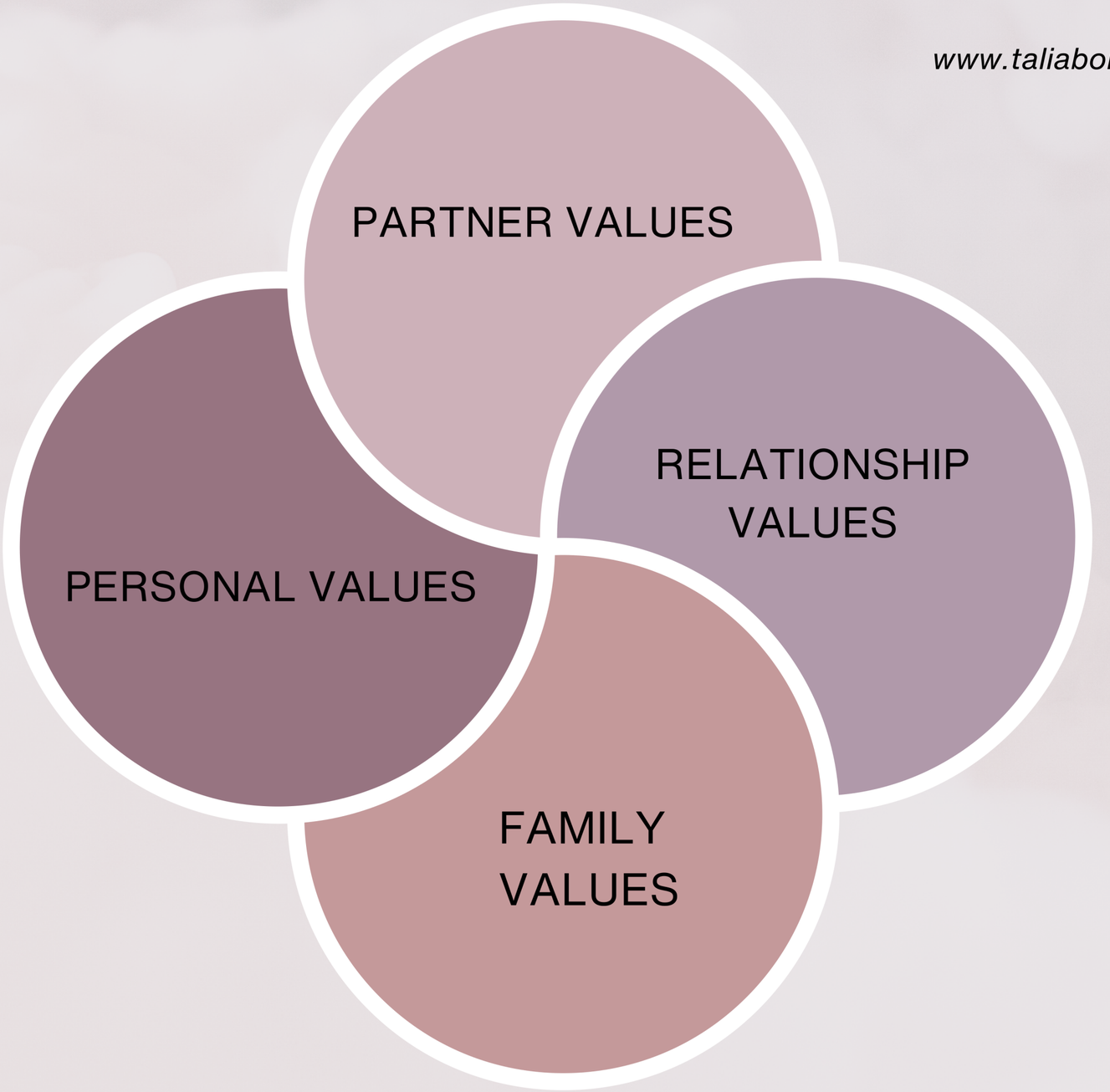
Ages 21+ your values are typically established, but you may test your values from time to time

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Values directly relate and correlate to your satisfaction in various areas of your life.



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Thank

YOU

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