

DISCOVERY JOURNAL

Day Two

Determine Your Personal Core Values

1. What values does my family hold?

2. What are values that I want to pass on?

Think about who your mentors are right now:

Ask yourself....

1. Why do I look up to this person?

2. What values guide their actions?

Top 10 personal core values

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|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Make The Connection

Now that you know your personal values, think about...

Is your current life reflecting these values? How?

Are your relationships reflecting these values? How?

How has that kept you from reaching your ideal self-love?

What are ways that you can express these core values out loud through your daily actions?