

## PHASE 3 - PART 2

### **DESCRIPTION OF PERSONAL CORE VALUES**

Personal Core Values are a handful of values that define how you view the world and how you want to live your life. They provide upfront motivation, they make you feel centred and you know who you are and what you stand for.

They are very personal and are considered to be a guiding principle that help set priorities in your career and life.

In simple terms it is 'what is important to you'.

If you think you do not have any Values, you do, you are just not aware of them

Values are immaterial. Values are not things, you can't touch them see them, hear them, taste them or smell them, but you can feel them inside of you

Let me give you an example. If I ask someone what makes them happy their answer could be in tangible terms such as money, children, a house, a car. These do not bring happy feelings. What they mean to you or what they bring to you does.

Money can bring you a sense of security

A car can bring you a sense of freedom

The associated meaning is what is important. They are the human values that are important to you. things like money are only ways to achieve what you want, the desired result.