



**KENNEDY LEGACY GROUP
GLOBAL**

CORE VALUES

(Your life force, your qi, your energy)

What are core values?

- It's what's important to you
- It's an emotional state all humans move towards
- It drives your thoughts and actions every second of every day
- It's a set of personal rules, principles and fundamental truths that give us the fuel and motivation to lead a meaningful, pleasurable and purposeful life
- It's an emotional state all humans move towards

- Core values are generally discovered, not designed
- You can't touch, smell, taste, see or hear your core values. But you can feel it inside you leading and guiding you all the time
- It's an emotional state all humans move towards

Examples of core values:

honesty, integrity, safety, security, freedom, health, fun, adventure, love, happiness, achievement, success, fulfillment, justice, balance, compassion, recognition, fame, respect, honor, creativity, faith, loyalty, responsibility, power, influence, peace, dedication, trust, friendship, authenticity, growth, independence, intimacy, devotion, structure

These are just examples and are not necessarily your core values.

You must discover yours and not choose someone else's!!

STEP 1

Give yourself just 30 seconds and quickly write 10 -15 feelings you want to experience today and everyday. These are feelings like happiness, freedom, respect..... No explanation needed, just a one-word description of each feeling.

Answer this question, **“What are the feelings I want to feel everyday?”**

STEP 2

Now remember a time in your life (could be yesterday, could be 20 years ago, it doesn't matter) when you had a memorable experience and you felt really and truly yourself and loving every minute of life. It could be your graduation ceremony, the birth of a child, a ‘well done’ from your boss.

What intense emotion did you feel? A sense of pride? A sense of belonging? Perhaps a sense of accomplishment? Replay that memorable time in your mind now as if it were real include the same sounds you heard back then, with the same images, same room temperature, same people, same everything – make it real and allow yourself

to feel the intense emotion you felt back then. This feeling is one of your core values. Write this feeling in this box.

Repeat this process for 2 different experiences.

STEP 3

Look at the results from Step 1 and Step 2 again. You'll probably have a few feelings scribbled or typed in. Look at

this list and choose 8 feelings that you know describes you!

These are the feelings or emotional states that you seek everyday. These are your core values. Write it here (in no particular order)

1.

2.

3.

4.

5.

6.

7.

8.

Find a meaning for your values. If, for example, you have respect as a core value, ask yourself **“what must happen to me to feel respected?”** Your answer could be “when the important people in my life acknowledge my contributions.” Your answer is the meaning of your core value.

In the table below, list your core values from Step 3, and now include the meaning of this value.

| MY CORE VALUES | WHAT THESE VALUES MEAN TO ME |
|----------------|------------------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Now that you know (roughly) your core values and what it means to you, make mental notes throughout today whenever you feel happy or upset. Ask yourself which of your values you were experiencing, or not experiencing!

Enjoy this amazing realization of why your moods change throughout the day! It's all about being aligned with your core values, or being misaligned.

Discipline

“A disciplined mind leads to happiness, and an undisciplined mind leads to suffering.” – Dalai Lama