



Identifying Your Core Values - Reflection Template

In a fast-paced digital world, it's easy to lose sight of what really matters to us. Our values - what we believe in and stand for - can serve as a compass to guide our decisions, our goals, and even our digital behavior.

This activity invites you to pause and reflect on your personal values by answering the questions below. Once you've answered the questions, review [Brene Brown's list of values](#). Highlight the 10 that resonate most with you and narrow them down to your top 5. Reflect on why these values matter to you and how your digital habits can support them.

Step 1: Answer the questions below.

1. What moments in your life have made you feel the most fulfilled and why?

2. When have you felt the proudest of yourself? What were you doing?

3. Think about a time when you felt deeply connected to others. What was happening?

4. What activities or experiences make you lose track of time because you enjoy them so much?

5. What are your non-negotiables?

6. When faced with a difficult situation, what principles guide you?

Step 2: Select your core values.

1. Select 10 values that resonate with you

Take your time to read through the list (You may [download the list of values here](#)). We suggest opening this in a new tab by right-clicking on the link. Write below the **10 values** that feel most important or meaningful to you right now.

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>
6	<input type="text"/>
7	<input type="text"/>
8	<input type="text"/>
9	<input type="text"/>
10	<input type="text"/>

2. Identify your 5 core values

Now, from the 10 you selected, narrow it down to your top 5. These are the values that truly define who you are and who you want to be.

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>

5

3. Reflect

Think about the 5 values you've chosen and respond to the following question:

- Why do these 5 values matter to you, and how can your digital habits support or reflect these values in your daily life?