

This worksheet will help you to identify your CORE values. CORE values are generally understood as ongoing qualities of action rather than rules that can never be compromised. They may change over time as you grow and learn more about yourself, so don't consider them to be written in stone, but just a snapshot of where you are now.

Another way to look at core values is to see them as values regarding your own True Self. The True Self could be seen as the sum total of all your core values and beliefs. If you are able to consistently live in a way that honors your core values, you are living in True Self. The more you're able to move toward your core values, the more you are living in True Self. The more you move away from your core values, the less you are living in True Self.

The Finding your CORE section of this worksheet will give you the skills to find your core values. Once you have listed them, you can refer to the worksheet as needed to help you to live consistently in True Self.

Connected	Connection means finding ways to connect to nature, to others, and to your True Self by choosing to remain positive and engaged. Connection is ultimately what values are all about because our deepest values are expressed through how we connect with ourselves, others, and the world around us. Think about values you have that lead you to feel more connected.
Open	Openness means remaining open to hearing what others are saying and remaining open to what your own inner voice is telling you. It can also mean being open to trying new experiences, new solutions, or new ways of seeing and being in the world. Think about values that you possess that would lead you to be more open to new experiences.
Reflective	To be reflective is to use the mindful skills of observing and describing to examine your own inner emotional states. You are being reflective when you see your core identity as separate from the problem(s) you are experiencing. Think about values you have that lead you to be more reflective.
Empathetic	To be empathetic is to express sincere concern for the feelings of others and yourself. It also means recognizing that if your goal is to take care of everyone, don't forget to include yourself in the "everyone" you're taking care of! Think about values you have that lead you to be more empathetic with others and with yourself.

To find your CORE values, answer the questions in each space:

C onnected	List some values and beliefs here that help you feel more connected to others and to yourself:
O pen	List some values and beliefs here that could help you to be open to new experiences and to others:
R eflective	List some values and beliefs here that help you to be more reflective:
E mpathetic	List some values and beliefs that help you to feel more empathetic towards others and yourself:

The way to stay true to your CORE values is by sticking FAST to them. Once you have established your CORE skills using the worksheet on the previous page, the next step is to learn to “cling FAST” to them using the skills listed below.

After reading over the FAST skills, go on to the Sticking FAST to Your CORE Worksheet on the next page and complete it. When answering the questions on the Sticking FAST to Your CORE Worksheet, focus on linking the FAST skills to your CORE values and beliefs. When you are able to stick FAST to your CORE, you are able to live a life of consistency. A life of consistency is a life spent living in True Self according to your own core values.

F lexible	Flexibility is about being able to compromise when needed, without sacrificing your core values. It also means having several tools in your ‘bag of tricks’ for coping skills so that if one isn’t working well, you can use another.
A adaptable	To be adaptable is to be able to brainstorm multiple solutions that still move you towards your core values. Adaptable people can figure out that if what they’re doing isn’t working, then doing more of it isn’t likely to work either, so it might be time to try something different.
S table	A stable person isn’t a person who never has strong emotions. A stable person is a person who is able to experience emotions while realizing that it is not necessary to react or respond to them or believe them to be true. A stable person takes actions that move them toward their core values and not away from them.
T truthful	To be truthful is to be honest with others and with yourself. To be truthful is to do a conscientious examination of your thoughts and feelings and to be able to communicate openly about them within the context of your core values and your True Self.

Stick FAST to Your CORE: A Values Worksheet

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Now use the information from the previous page to help you identify your FAST skills that would help you to be able to move towards your CORE values, and list a few of those skills here:

F lexible	In what ways might being Flexible help you to maintain your CORE values and beliefs?
A adaptable	In what ways might being Adaptable help you to maintain your CORE values and beliefs?
S table	In what ways might being Stable help you to maintain your CORE values and beliefs?
T ruthful	In what ways might being Truthful help you to maintain your CORE values and beliefs?

Key Takeaways

This worksheet helps you identify your core values as the foundation of Living in True Self. When you consistently act in ways that honor your core values, you are moving toward your True Self. The CORE framework provides a practical way to identify these values. The second part of the worksheet introduces FAST as a set of skills for maintaining consistency with CORE values.

Together, CORE and FAST create a useful framework for sticking FAST to your CORE values. CORE helps identify the direction you want to move in, while FAST provides you with skills for staying on that path.

Some things to remember:

- Core values provide direction, but they do not require rigid behavior. You can change how you express a value without abandoning the value itself.
- **Values** describe how you want to live and behave.
- **Beliefs** are thoughts or propositions about yourself, other people, or the world.

For example:

Value: "I want to treat people with compassion."

Belief: "People should always be compassionate."

The first provides a direction for action; the second can become a rigid rule.

- Before taking action, remember to ask: *"Is this choice moving me toward my CORE values or away from them?"*
- Living in True Self does not mean always feeling good, always knowing what to do, or never compromising. It means remaining connected to your values while flexibly adapting your behavior to changing circumstances.
- Values tell us what kind of connection matters to us. Living in True Self means choosing actions that strengthen those connection with ourselves, other people, and the natural world.
- **CORE** = Discover what matters.
- **FAST** = Develop the flexibility to live what matters.
- **True Self** = The experience of living consistently with what matters.