

## Stewart Hsu - PERSONAL GUIDING PRINCIPLES WORKSHEET

Core Values	VALUE TRANSLATED INTO A GUIDING PRINCIPLE STATEMENT* Express the value in terms of what you are going to do about it; what's the observable behavior.
Family	I am a husband and father first. I am fully present when I am with my wife and children; the time we spend together is of high quality. We connect, communicate and support each other. We reflect and share our life experiences with each other to enrich our lives as a family. We work when we work, play when we play -- and love sharing life experiences together. I set the tone and hold this vision of positivity, joy and limitless creation for my family.
Physical Health	I am consistent with my exercise routine and being conscious about food choices. Good health enables me to live all of my other values to their fullest -- for my family, for my company, for my self. This helps me to be more energized, to improve quality of life, and to be more clear and conscious in my thinking. It makes me happy.
Integrity	In all situations, I do the right thing. Listen to my inner being; follow my gut. Take actions that will make my children proud. Feels like the right/only way to live.
Excellence	I experience a joy and deep satisfaction that comes with doing things with excellence. I don't have to be good at everything. Less is more. On a day-to-day basis, this means being self aware enough to monitor "requests" for my time & energy, and making conscious decisions and saying "no" a lot. I plan my time each week and each morning, so that I'm intentional with the few things I choose to do for which I bring all of my energy & attention -- I strive to consistently deliver with excellence.
Make a Difference	"The purpose of our lives is to provide value to this generation and those that follow." -Buckminster Fuller. I am focused on doing the greatest good that benefits the most people over the course of my life.
Self-Development	There is always room to learn and improve. I am here to grow. Make the time and the space to read, to reflect, to discuss, to learn, to meditate, to share, and to teach -- ideally daily. Know thyself.

\*Some Guiding Principles for my Guiding Principles.

*This is what it's like when I am congruent with this value.*

*When something is fuzzy for me, it slows things down. When it's crystal clear, it flows... faster.*

*These guiding principles are for me.*

*Write these in 1st person, be careful not to let socially defined norms creep into my guiding principles -- self authorship!*