|  |  |
| --- | --- |
| **CORE VALUES** | **VALUE TRANSLATED INTO A GUIDING PRINCIPLE STATEMENT**  Express the value in terms of what you are going to do about it. |
| **Improving Lives** | I seek to improve the lives of others. I provide growth opportunities to employees and leverage my skills and experience in a volunteer capacity with at least 1 non-profit group on a monthly basis. I strive to be a ‘person for others.’ |
| **Personal Growth** | I strive to learn more about myself as a leader and person. I read books/articles on a monthly basis and actively seek the feedback of others in regards to my performance. I also appreciate the diversity of perspectives and backgrounds and use that to shape my own views. Learner mode 24/7. |
| **Relationships** | I value long-lasting, loving relationships. I pro-actively seek ways to deepen relationships with my fiancé, my friends and my family and invest the time to do so. When I travel, I create time to catch up with friends who live in that locale. When I speak to my family and friends, I actively listen and eliminate any and all distractions. I call a family member on a weekly basis. |
| **Fun** | I appreciate laughing, enjoying life and trying new activities. I like to travel and indulge in good food and drink from time to time. Life is too short not to enjoy it. |
| **Honesty** | I strive to be honest in what I think, feel, mean, say and do. I know that being honest can be hard if it’s a tough message and that I need to embrace and presence that challenge. Not being honest is not being true to me and to others. |
| **Success** | I appreciate hard work and discipline and the results that come from that. I am driven to succeed and like to associate with people who are also driven by success. Success however cannot come at the cost of my other values. |
| **Physical Health** | I am focused on eating right and exercising at least 3x per week. Eliminating bread, desserts, added sugars, dairy and legumes during the week is a practice of mine. I know that a healthy body leads to a healthy mind. |