

## PERSONAL GUIDING PRINCIPLES WORKSHEET

Use this worksheet to translate your Core Values into Guiding Principles. Guiding Principles are sentences or phrases that not only embody the value(s) but also describe specific behavior.

For examples, refer to Personal Guiding Principles Worksheet Examples.

CORE VALUES	VALUE TRANSLATED INTO A GUIDING PRINCIPLE STATEMENT Express the value in terms of what you are going to do about it.
Love	I love my family, friends, and life. I promise to do right by all and demonstrate my love through support, however that translates, to my family and friends. I'll make a weekly effort to stay connected with my parents, siblings, nieces and nephews, and friends.
Life over Money	I strive to provide myself a life with "enough" to make me happy and be grateful for my blessings. To have abundant financial freedom to support my family and parents.
Balance	My intent is to live a full balanced life. A life with adventure, meaning, work, play, joy, creativity, excitement, and love. Work hard/Play Hard. Yin Yang
Health	Mind, Body, Soul: I want to live a life that that nourishes my mind, body and soul. Mind through Learning and Growing, Soul through Service and Love, and Body by maintaining a healthy lifestyle and working out 3-4 times a week.
Service	Through service, I want to listen, learn, support, teach, and be a nudge that influences people in the right direction.
Learning/Growth	I keep an open mind to learn from myself, my mistakes, and others around me. I look for opportunities to continue to learn and evolve through life, education, and the pursuit of living in the now.
Trust	I trust in life because I trust myself (intuition). I trust in myself to do the right thing, make mistakes, speak my truth, and to surround myself with people with integrity. I trust that I'm heading the right direction and I detach myself from the outcome I think I should get.
	I TRUST in myself to live a HEALTHY, BALANCED, LIFE filled with those I LOVE. To live in the NOW and continue to LEARN and GROW from my mistakes. I intend to be a positive influence through SERVICE for people and be a nudge in the right direction.