Personal Guiding Principles Worksheet

**Part I: Start by entering the results from your personal core values worksheet.**

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| Core Values | Value Translated into a Guiding Principle Statement |
| Family | Center and focus and guide in all decisions |
| Purpose | Planning, Decisiveness, Progress, Goals |
| Relationships | Meaningful, select, fun, reliable friendships |
| Memories | Travel, fun, games, balance and renewal |
| Fitness | Healthy, energy, movement |
| Prosperity | Interesting and successful career, meaningful and inspiring contribution, integrity, comfortable lifestyle |

**Part II: Start your guiding principle statement with a declaration, definition, commitment, or familiar quotation.**

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| Core Values | Value Translated into a Guiding Principle Statement |
| Family | I value above all else my close family unit.Center and focus and guide in all decisions |
| Purpose | I have peace and purpose when there is a decisive plan with goals and plans.Planning, Decisiveness, Progress, Goals |
| Relationships | I invest in select, meaningful nearly-family like relationships to complete my circle of impact and support.Meaningful, select, fun, reliable friendships |
| Memories | I commit to balance, fun, travel in our lives to have a wealth of memories as a family.Travel, fun, games, balance and renewal |
| Fitness | I will remain energetic, fun and healthy for my benefit and my families.Healthy, energy, movement |
| Prosperity | A happy, full life includes a successful, impactful career to provide a comfortable and rich lifestyle.Interesting and successful career, meaningful and inspiring contribution, integrity, comfortable lifestyle |

**Part III: How will others specifically know you are living up to this core value? Speak to the positive and use present tense.**

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| Core Values | Value Translated into a Guiding Principle Statement |
| Family | I value above all else my close family unit.I prioritize my family’s health and happiness above all else. As a family we make vacation, school and priority decisions together. We are open and honest about our behavior, impact and decisions. I make work and professional decisions only after discussing and agreeing with my family.Center and focus and guide in all decisions |
| Purpose | I have peace and purpose when there is a decisive plan with goals and plans.I drive our family’s path forward through planning, goals and discussing the future at every opportunity. We challenge each other to be better, do more and enjoy the moment. We will have goals and future plans that are agreed to and part of our decisions about what we do today.Planning, Decisiveness, Progress, Goals |
| Relationships | I invest in select, meaningful nearly-family like relationships to complete my circle of impact and support.I provide a ring of support for our family with deep, impactful relationships with friends. I strive for vacations, dinners, events with our friends versus just with the family. I bring connections between our friends and continue to look for ways and events to further develop our relationships.Meaningful, select, fun, reliable friendships |
| Memories | I commit to balance, fun, travel in our lives to have a wealth of memories as a family.We will spend time as a family versus in solo activities. We will play games, buy games and continue to respond to changes in plans with fun and adventure. We will go on at least one big trip per year and focus on new experiences and adventures.Travel, fun, games, balance and renewal |
| Fitness | I will remain energetic, fun and healthy for my benefit and my families.Our family will make fitness and activity a part of our daily lives. I will ensure that I exercise to reduce stress and demonstrate a fit and healthy lifestyle. We will do family exercise like skiing, tennis and swimming. We will learn new skills as a family.Healthy, energy, movement |
| Prosperity | A happy, full life includes a successful, impactful career to provide a comfortable and rich lifestyle.I will ensure that I have a career and job that provides intellectual and career fulfillment as that brings meaning and purpose to my life beyond family. I will ensure that the career and job can provide for my family in a way that we can be free to explore our many passions and allows for time with my family. Interesting and successful career, meaningful and inspiring contribution, integrity, comfortable lifestyle |

**Part IIII: Repeat the process for all core values. You may also upgrade core values into more personalized expressions (e.g. Lifelong Learning)**

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| Core Values | Value Translated into a Guiding Principle Statement |
| Family“Family First” | I value above all else my close family unit.I prioritize my family’s health and happiness above all else. As a family we make vacation, school and priority decisions together. We are open and honest about our behavior, impact and decisions. I make work and professional decisions only after discussing and agreeing with my family.Center and focus and guide in all decisions |
| Purpose“Purposeful and Decisive Plans” | I have peace and purpose when there is a decisive plan with goals and plans.I drive our family’s path forward through planning, goals and discussing the future at every opportunity. We challenge each other to be better, do more and enjoy the moment. We will have goals and future plans that are agreed to and part of our decisions about what we do today.Planning, Decisiveness, Progress, Goals |
| Relationships“Ring of family-like relationships” | I invest in select, meaningful nearly-family like relationships to complete my circle of impact and support.I provide a ring of support for our family with deep, impactful relationships with friends. I strive for vacations, dinners, events with our friends versus just with the family. I bring connections between our friends and continue to look for ways and events to further develop our relationships.Meaningful, select, fun, reliable friendships |
| Memories“Memory-making adventures” | I commit to balance, fun, travel in our lives to have a wealth of memories as a family.We will spend time as a family versus in solo activities. We will play games, buy games and continue to respond to changes in plans with fun and adventure. We will go on at least one big trip per year and focus on new experiences and adventures.Travel, fun, games, balance and renewal |
| Fitness“Healthy, fit and happy” | I will remain energetic, fun and healthy for my benefit and my families.Our family will make fitness and activity a part of our daily lives. I will ensure that I exercise to reduce stress and demonstrate a fit and healthy lifestyle. We will do family exercise like skiing, tennis and swimming. We will learn new skills as a family.Healthy, energy, movement |
| Prosperity“Impactful career fulfilment” | A happy, full life includes a successful, impactful career to provide a comfortable and rich lifestyle.I will ensure that I have a career and job that provides intellectual and career fulfillment as that brings meaning and purpose to my life beyond family. I will ensure that the career and job can provide for my family in a way that we can be free to explore our many passions and allows for time with my family. Interesting and successful career, meaningful and inspiring contribution, integrity, comfortable lifestyle |