

## 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.
Humility "0 fucks given"	I am true to my abilities. I have the confidence to teach, and humility to learn. I appreciate other perspectives and authentically know that there are things that I don't know. My results speak for themselves.
Radical Candor "Open and Honest"	The hardest things to say are usually the most important. I challenge directly and care personally. I am open to receiving the honesty I give. Thoughtful and meaningful feedback is the best gift one can give.
Thirst for Learning "Beginner's mind"	I have a learner's mindset. I actively seek feedback and new challenges. I step outside of my comfort zone so I have a healthy relationship with failure. I never lose, I either win or I learn.
Essentialism "Less but better"	I am intentional in doing the things that are meaningful to me, and say no to the things that are not. I reflect on my commitments on a normal basis and make conscious trade offs. Disciplined pursuit of less.
Excitement "fuckit list"	The opposite of happiness is boredom, and the opposite of boredom is excitement. I actively pursue adventure, challenges, learning, and wellness. I work hard to have the health and financial freedom to pursue excitement.
Relationships "Love wholeheartedly"	I only have meaningful relationships in my life. I love my family and friends unconditionally, and I am fully present when I spend time with them regularly. My relationships are what makes me alive.