**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.

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| **CORE VALUES** | **VALUE TRANSLATED INTO A GUIDING PRINCIPLE STATEMENT**Express the value in terms of what you are going to do about it. |
| **Relationships**First priority every day | First priority every day. I am focused each day to improve my communication and understanding to have a long lasting relationship. My relationship is my future |
| **Balance**It is a way of life | I am working very hard to find the right balance every day on my time to better work out, eat, sleep, work, and have fun. I am using stagen work to help me lead the transformation. I am focused on balance each day.  |
| **Integrity**Hold my ground walk the talk  | I spend lot time understanding who I can trust and who I can not and making choices in my life. I give more time to this to be sure I live to my own values of trust and respect. I reflect each day on how my day went. See who I can trust and not and walk the talk everyday.  |
| **Fitness**It is a way of life | I am transforming my free time to exercise and finding a new way to make this part of my life each day and committing 1 to 2 hours a day vs very little. I am working with a trainers, friends and myself to make this happen. Key to long life. |
| **Wealth**Set goals and focus on them  | I am spending more time understanding the business and investing in 2 new areas to build new wealth and focus on the future. I can do more for charity and set goals and drive them.  |
| **Leading** be a learner and great challenger  | I am taking the stagen class for a year and added a second on to help me master leadership and be a greater leader everyday Stay off the drama triangle and lead by example. |
| **Family**Engaged  | I see the importance of family and friends each day and finding new ways to engage and be part of people lives. Find something to do with the family each month that is engaging.  |
| **Friends-** guide from my heart | I am spending more time thinking how I can improve and balance my time with friends. Make friends ship meaningful and important. |
| **Inspiration** my peace of mind | Finding a new way to drive more inspiration in my life. Have adventures and learn how to keep inspired through what make me happy.  |
| **Creativity** - do it everyday | Commit to more time doing this each and every day. Create your dreams and live them each day! Make it happen.  |