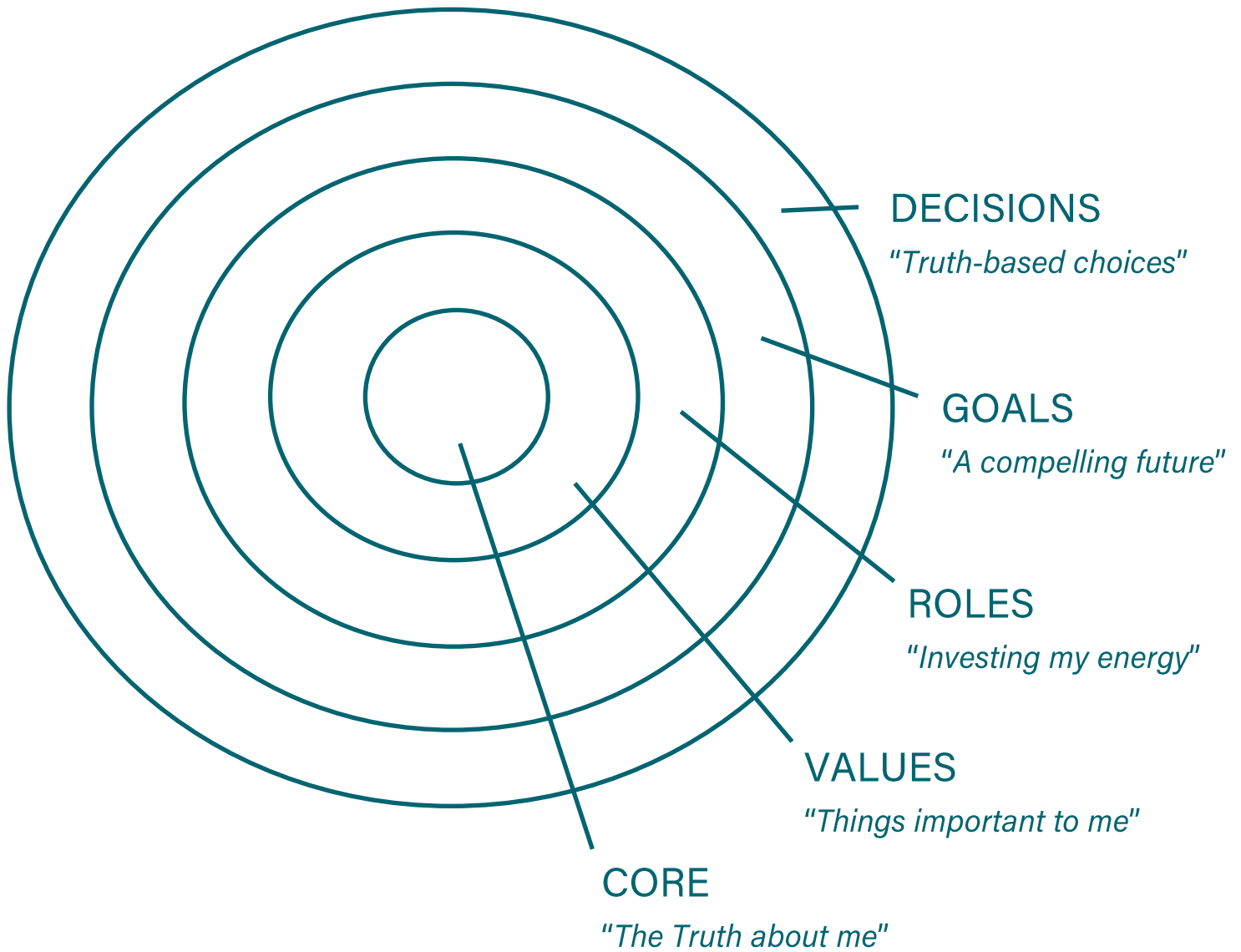


CORE EXERCISE

Discovering & Accessing the Truth about Me



CORE:

- What is the truth about me, and from whom, what or where does the truth originate?
- Are there any lies that need to be exposed?

VALUES:

- What is most important to me, that flows out of the truth about me?

ROLES/ENERGY:

- Based on my various roles as child, sibling, parent, spouse, friend, co-worker, etc., what energy am I investing in each role? How do I align with my core & values?

GOALS:

- What are the goals I want to accomplish that rise from my roles/values/core?

DECISIONS:

- What are my next steps to accomplish the goals I have set?

