

This is a very useful tool for ‘brain dumping’ on information about ourselves. Here you have a chance to just go through and list core attributes about you in each area as part of an uncovering effort. Listing these out in such a way helps us to capture pretty quickly what’s obvious about our strengths and summarize it’s meaning in our daily lives.

Along the process of discovery, continue to make lists about you under each section. Take advantage of this tool to really get your thoughts out on paper.

**Name:** \_\_\_\_\_

## Personal Core Values

Values derive from your convictions; your beliefs. They are what you stand for; what you live for. The highest values are typically unchanging. There are Primary Values; those things right at the top of your food chain, and there are those secondary values, that are not so high...

They identify:

- What you want to accomplish
  - What you want to achieve
  - What you want to own
  - What you want to acquire
  - How you want to live your life
  - The things that matter aside from money
  - How would you live if money were not in the picture
  - How would live in either a good world or a bad world
- a. Primary Values – What do I live for? They tend to not deal with things, but of matter of the heart. The stuff that money can’t buy. *For example, your relationships, your personal development, and your service to this world.*
- b. Secondary Values– What do I want to have and do? These usually represent things; things money can buy. Perhaps, these are what appear to be pipe dreams or loftiness thinking sometimes. *For example, beach condo in Costa Rica, Real Estate worth over 5 Million, traveling, living on a boat, etc...*

### **List Your Top Values, Primary and Secondary**









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## Personal Known Threats

*What poses as a threat because of my weaknesses? What might happen, unless I correct those weaknesses? And what may be a threat because of my strengths and abilities.*

***a. What may happen if my strengths remain dormant or latent?***

This is a realization that unless you do something about the strengths that are dormant and spring them to life, it may trigger something else unwanted in your life.

***b. What may happen if my weaknesses evolve, grown, or do not get resolved?***

This is a realization that if my weaknesses continue to grow, or you do not work on them for whatever reason, then it too may trigger something unwanted in your life.

### **List Your Threats**

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