🧭 Module 2: Identifying Core Values

🎯 Learning Objectives

- Understand what core values are and why they matter
- Discover your personal values through guided reflection
- Learn how values influence decisions, relationships, and goals
- Begin aligning life choices with authentic priorities

📚 Lesson Breakdown

1. **What Are Core Values?**

   - Definition and examples
   - Difference between values, beliefs, and goals
   - Why values drive fulfillment and clarity

2. **Values Discovery Process**

   - Guided visualization or journaling exercise
   - Value sorting activity (e.g., from a list of 50+ values)
   - Narrowing down to top 5–7 core values

3. **Values in Action**

   - Real-life scenarios showing values alignment vs misalignment
   - Reflection: "When have I felt most fulfilled or frustrated?"

4. **Applying Your Values**

   - Decision-making framework based on values
   - Goal-setting with values as anchors
   - Communicating values in relationships and work

🛠️ Activities & Resources

- **Downloadable PDF**: "50 Core Values List"
- **Worksheet**: "My Top 5 Values & Why They Matter"
- **Video Lesson**: 5–7 min on values vs goals
- **Quiz**: "Are You Living Your Values?"