

To be completed prior to Tuesday morning's class session.

Please spend approximately 15 minutes generating your own personal core values. Limit yourself to just three or four words or phrases.

My preference would be that you think hard about the values that guide you. However, if you would find it helpful, you may wish to use an online assessment such as the one found here:

<https://www.think2perform.com/our-approach/values/new>