

Creating Your Dream Life

Discovering Your Core Values and Gifts

A Compass for Direction in Life

1. Your Core Values
2. Your Talents and Gifts

“Your talent is God's gift to you.

What you do with it is your gift back to God.” Leo Buscaglia

Discovering your Core Values:

When you are faced with a major (or not-so-major) life decision it's nice to have a compass to know which direction to take. Your core values are a big part of that decision making process. You can use your values to guide you to healthy long term decisions.

Your Talents and Gifts:

You have brought something unique and special to this world. Listing your talents isn't always easy but it's a powerful exercise to bring yourself back to true north when you need a confidence boost.



Phase 1 Planting the Seed

- Step 1: Discovering
- Step 2: Designing
- Step 3: Deserving

Phase 2 Bridging the Gap

- Step 4: Befriending Fear
- Step 5: Getting into the Flow
- Step 6: Changing Perspective

Phase 3 Acceleration

- Step 7: Listen to Your Intuition
- Step 8: Harness Your Belief
- Step 9: Stepping Stones

Step 10: Harvest Your Dream



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Discovering Your Core Values and Gifts:

Are you ever faced with a major (or not-so-major) life decision you're uncertain about? Like what to do about a job offer, or a prospective relationship, or a new place to live? I've been there. And I've found that besides a good ol' pros and cons list, it's helpful to have identified your core values. You can use your values to guide you to healthy long term decisions.

For help discovering these values, first consider your greatest accomplishments and failures. When have you been most productive? When do you like yourself the most? What advice would you give someone based on what you've learned? Look for common themes.

Choose values that resonate with you and flow naturally from your intuition. Choose values understanding that this is where you go to make decisions. Here are some potential core values to give you ideas from which you can develop and refine your own. Based on your first reaction, pick 5 values from the list below or come up with your own:

Values: Honesty, Kindness, Integrity, Purpose, Compassion, Love, Ambition, Expression, Service, Hospitality, Individuality, Community Service, Enjoyment, Flexibility, Trustworthiness, Beauty, Courage, Wisdom, Openness, Humility, Simplicity, Equality, Righteousness, Humor, Happiness, Achievement, Wisdom, Learning, Discipline, Generosity, Devotion, Optimism, Respectfulness, Vision, Truthfulness, Persistence.

1. _____
2. _____
3. _____
4. _____
5. _____

Talents and Gifts:

What are your talents and gifts? Are you good at helping others to feel heard? Do you have an ability to create art? Are you a gifted communicator? Are you skilled at connecting with children or animals? This is not the time for modesty. Everyone has gifts. Everyone is a healer. Everyone has the capacity to create beauty. Write about your talents and gifts here: