



## **Exercise to Define Your Core Values**

By Sandy Weiner, Founder of Last First Date

Your core values define who you are. Our values represent the essence of who we are and what makes us come alive. Many of us don't know how to define our core values, and if we are people pleasers, we have given up what's important to us to make a man happy. That never works in the long run. It depletes you.

That's why it's important to define your core values, and one of the easiest ways to do this is in the exercise I shared on the training video.

### **Pivotal Moment Exercise to Define Core Values**

Think of a special important moment when life was especially rewarding or poignant. This is a time when something shifted in your life. It could be a birth, a death, divorce, a breakup, or something else.

Narrow it down to a specific memory of a distinct "moment" during this experience.

What was happening at that time?

Who was present and what was going on?

What were the values that were being honored in that moment?

Write down the values that were being honored during this pivotal time of your life.

You'll know you're onto the core values when you light up when you describe that moment.

Once you have a list of values, expand on each one. If one of your values is 'connection', write down what 'connection' means to you.

You can repeat this exercise as often as you like, recalling peak moments when things shifted in your life. Keep mining for the values that are most important to you.

These parts of you must be honored and cherished by your significant other, or the relationship will not work.

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