

# Get Results Without the Overwhelm

## Prioritizing My Core Beliefs and Values

When we create an action plan to achieve our goals, things can go wrong, or get in the way. Life happens, we get distracted, we go two steps forward and one or maybe even three steps back. Our mindset, limiting beliefs and values determine how we go forward. Do you keep with the plan, adapt or give up all together? When we align our goals with our beliefs and core values we increase the likelihood we will succeed in meeting our goals.

For the first part of this exercise, take 15 minutes to write down all the beliefs and core values you think are important to you. Some examples include love, family, health, fun, adventure, money, friends, freedom, independence, integrity, ethical behavior, faith, lifestyle, volunteering, personal growth, kindness, politeness, giving back, leadership, etc. Do a brain dump – don't worry if it is important or not. If it comes to mind, write it down. It will get harder and harder as time passes to think of more, but keep going. Sometimes our deepest values are so engrained we take them for granted so they don't pop up right away.

### My Core Beliefs and Values

# Get Results

## Without the Overwhelm

Now, go back to your list and circle the five core beliefs and values you feel are most important to you. Don't think too hard about this – they will typically jump out at you. List your top five below, but don't worry about which comes first – you are not prioritizing them at this point.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

It's now time to determine which of the five named above is of the utmost importance to you. Choose the one you think is the most important and write it in the first space below. Then determine the second, the third, the fourth, and the fifth place. Does it feel right to you? Review and test by asking: "Is my first core belief or value more important than the rest?, Is the second core belief or value more important to me than numbers 3 – 5?, Is the third more important than 4 – 5? Is the 4<sup>th</sup> listed core belief or value more important than the 5<sup>th</sup>? Once you can say yes, to all of the questions, you have your core beliefs and values in the order of importance to you.

My core beliefs and values in order of importance to me are as follows:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_