



Know Thyself

NAME:

DATE:

This worksheet is a supplement training guide to “Know Thyself” video published on July 30, 2016.

So much of who we think we are, is shaped by what we have been taught by society. We are part of a collective mind – programming that influences how we act, what we wear, and our ideas of success. It takes time to separate ourselves from the societal mould of how we have been taught to act and think. Today at Soulful Saturday, it’s time to sit down and take an introspective look at yourself. We tell you why it’s important to identify who you are, your values, strengths, and interests in order to keep going strong in the long run.

Who are you?

Do you know the life that you want?

How would you define your values? Your values are the things that you believe are important in the way you live and work. They determine your priorities, and, deep down, they're probably the measures you use to tell if your life is turning out the way you want it to.

List of values

Instructions: From the list below, first pick 25 values that most resonates with you. Then narrow those 25 picks down to your top 10 choices that most describe your values. Third, narrow your choices down to your top 5 most treasured values; and lastly, let's get to #1!

This is the value that drive almost every decision you make, both conscious and unconsciously.

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| 1. Abundance | 17. Dependability | 33. Health | 49. Wealth |
| 2. Acceptance | 18. Desire | 34. Honesty | 50. Wonder |
| 3. Ambition | 19. Determination | 35. Integrity | |
| 4. Appreciation | 20. Discipline | 36. Leadership | |
| 5. Balance | 21. Economy | 37. Love | |
| 6. Bravery | 22. Encouragement | 38. Peace | |
| 7. Capability | 23. Fairness | 39. Passion | |
| 8. Care | 24. Faith | 40. power | |
| 9. Commitment | 25. Family | 41. Respect | |
| 10. Compassion | 26. Fidelity | 42. Service | |
| 11. Connection | 27. Fitness | 43. Sincerity | |
| 12. Contribution | 28. Freedom | 44. Trust | |
| 13. Cooperation | 29. Fun | 45. Unity | |
| 14. Creativity | 30. Generosity | 46. Variety | |
| 15. Credibility | 31. Gratitude | 47. Vitality | |
| 16. Decisiveness | 32. Growth | 48. Wisdom | |

Figure out who you are. Identify your values. Journal. Meditate. Build a rituals every morning to remind yourself who you are. Be consistent in your pursuit of your personal greatness. O

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com