

## Chapter 2 Living<sup>™</sup>

by Allergy Words Consulting, LLC



## **Personal Core Value List**

**Directions:** Select and circle 20 words from the list below that describe your core values. Then cut the list down to the 10 most important by crossing out 10 of the words you have chosen. Now, carefully consider and select only 5 from the list of ten and cross out the ones you don't need. These are what we will deem your core values. This will allow us opportunity to see what is important to you and how we can use them to boost other areas of your life.

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