

# YOUR CORE VALUES

It's a good practice to determine which **CORE VALUES** you hold most dearly. We will be spending much of our work in the coming weeks based on aligning our actions with these values that we hold in high esteem.

The following list is by no means complete but does provide you with a starting point for this task.



Write a few words that describe values you feel are important to you in your life.

(PERSON)

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write a few words that describe values you feel are important to you in your sport.

(ATHLETE)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## VALUES DRIVEN BEHAVIOUR

Actions which are directed towards fulfillment of core values tend to have positive outcomes. This is because we can't avoid winning when we act in this way! No matter what the outcome, if we control our attention on fulfilling core values we end up achieving our goal every time. And coincidence or not, these types of behaviours tend to produce better results.

Think about your own life and golf, and list one, or a few, scenarios in which you have acted very much in alignment with values you cherish.

<p>Life (Person):</p>    	<p>Sport (Athlete):</p>    
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