

LEARN MORE ABOUT YOUR CORE VALUES & TAKE OFF

Imagine a rocket getting all set to launch. Without a clear plan and knowing where to head, it might not accomplish its goal of travelling beyond our planet.

So, just the way a concrete plan guides the journey of a rocket, identifying your core values can be like having that same clarity for your journey.

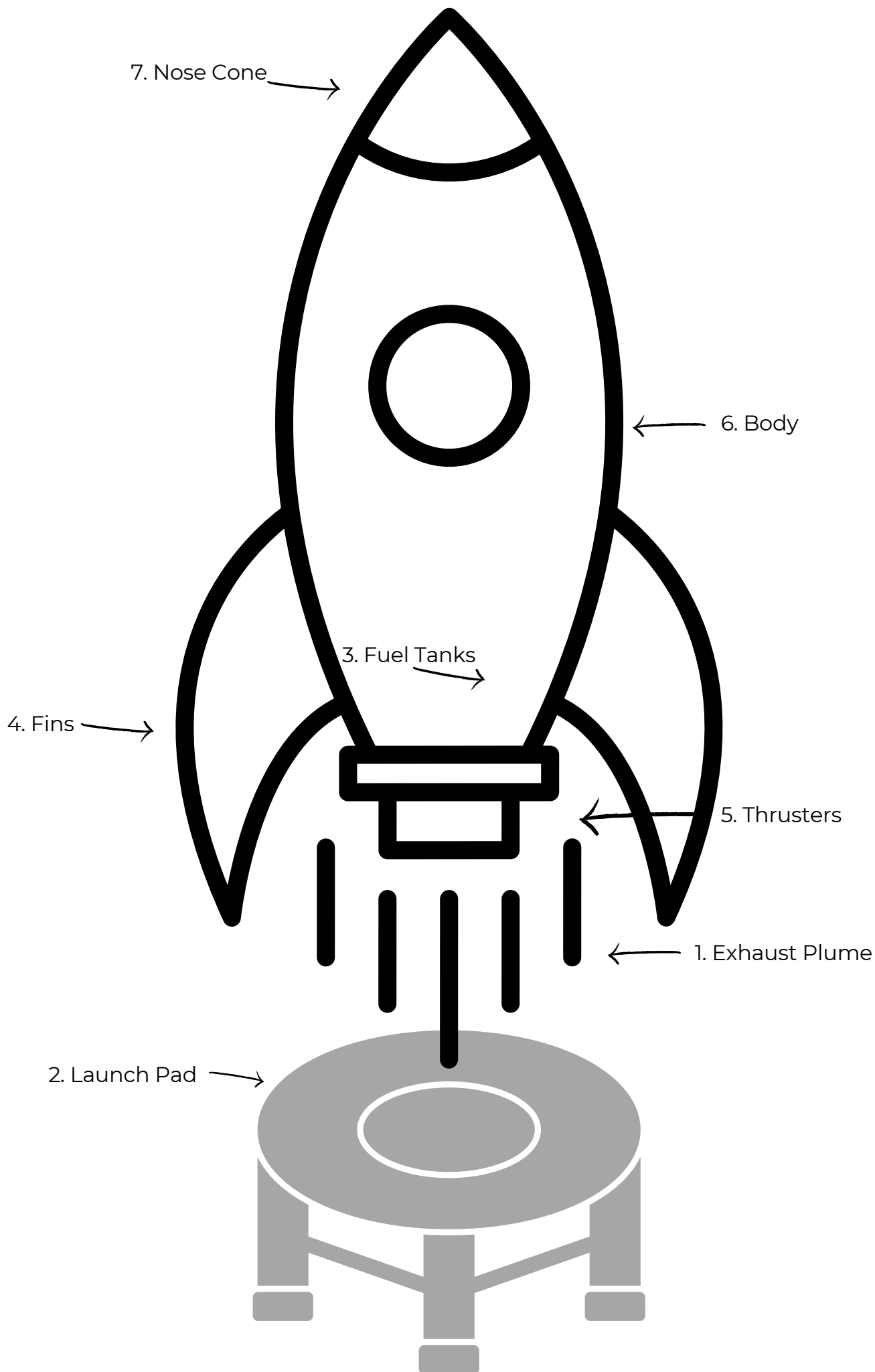
It's about steering your rocket of life towards who you are, what you believe in, where you want to go, and what truly matters to you.

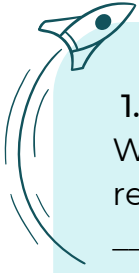


Are you ready to take off by identifying your core values that truly make you, YOU?

Let's begin!







1. Exhaust Plume

What do you want your life to stand for? How do you want to be remembered? Write it down here:

For example, actions such as helping others, standing up for what's right or making eco-friendly choices.

2. Launch Pad -

Where in your life do you feel most like yourself? Is it at work, with friends, or maybe when you're working on a hobby?

Name a few places or situations here:

3. Fuel Tanks -

List down the things or people that inspire you. It could be art, travel, or someone you look up to.

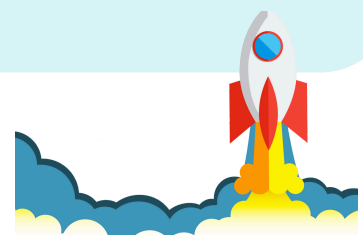
Write about them here:

4. Fins -

When life gets a bit overwhelming, what are some things that keep you steady and grounded?

This could include mindfulness, gratitude and self-belief.

Jot them down, below:





5. Thrusters -

What actions make you excited about life? It could be facing challenges head-on, taking on new projects, or trying something daring.

List them down here:

6. Body -

Now that you have gathered the clues about what's important to you, let's identify your core values.

Think of your core values as the heart of your rocket.

What values add strength to support or shape you as a person? For example: love, freedom, respect, honesty, creativity, connection

Write about your core values here:

7. Nose Cone -

Of the values you just listed, which ones are non-negotiable for you?

List the values that make up the foundation of your journey. These will be your core values:



Now that you know your core values, let's give some thought to consciously embedding them in your daily life.

Here are some prompts to help :)



1. Which of these values do you want to focus on, immediately?

2. What are some changes you may have to make in your life that reflect your core values?

3. Are you facing a challenge right now? If yes, how can your core values guide your decisions and actions to resolve these problems?



And...you're all set for take-off!

Steer your rocket towards the stars of your core values by taking steps that align with what truly matters to you.

Bon voyage!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.