CORE Values Discovery Workbook

November 11, 2026
Explore personal values through prompts, scenarios and reflection.

What this guide covers

- Identify themes in meaningful experiences.
- Test potential values against everyday choices.
- Create reminders and schedule periodic reviews.

Who this is for

For readers seeking a structured values exercise.

Putting the ideas to use

Select a current decision and reflect on how your values inform it.

Book details

Format: Guide. Pages: 33. Words: 3064.

Download availability: After payment, download the complete ZIP package or the included PDF separately.