



Discovering Your Authentic Core Values: A step-by-step guide

Marc Alan Schelske

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Do you need core values? More than you know. If you want to make a change in your life, moving into a more life-giving future, having clear core values is an essential tool. **Discovering Your Authentic Core Values** walks you step-by-step through the process of identifying your authentic core values. These are not your aspirational values, the ones you wish were true of you. These are your authentic inside-out core values that already have played an enormous role in shaping your life. You live in a world where other people's agendas are competing for your time and resources. In the same way, you often live in reaction to other people's values. You've learned to use a schedule and a budget so that your time and money are used intentionally. Why wouldn't you put the same care into thinking through your own core values? This little book is guide that will walk you through a journaling process where you can discover these important motivations. Depending on your speed, it's an approximately 10 hour process. By discovering and naming these essential motivations, you can begin to align your life with who God made you to be. Once you've done the work of articulating your core values, you have an invaluable aid for an intentional life. In this concise step-by-step guide, you will learn:

- Why core values matter.
- What the two different kinds of core values are.
- How to discover your authentic core values in your own story.
- What to do with negative core values.
- How to actively use your core values.
- If you are a follower of Jesus, how your core values connect with your spiritual journey.

Table of Contents

1. Why Core Values?
2. Two Kinds of Core Values
3. Gather Your Tools
4. Find the Clues in Your Story
5. Consider the Why
6. Get the Outside Unvarnished View
7. Gather and Refine Yourself
8. Look Past the Shadow to the Light
9. Shape the Words that Shape You
10. Letting Your Core Values Work
11. A Final Word

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