

A LIFE WORTH FIGHTING FOR

A LIFE BUILT ON VALUES AND MEANING

When we clarify our values, we identify what is meaningful and purposeful in our lives. It is helpful to ask ourselves deep within our hearts: what truly matters to me? Here are five questions that are aimed at helping you clarify your inner core values.

1. How do you want to be remembered by others?

2. What words would you like your loved ones to use to describe you?

3. What were your childhood dreams?

4. What are the three qualities that are most important to you?

5. What brings you the most joy in the world?