

Your Core Qualities

Let's find out what makes you shine and come alive.

1. What are my core qualities? What makes me light up? If you can't think of anything, try googling 'list of values' and see which values resonate.

2. How would it feel to work using my core qualities for motivation?

WEEK 6 – DAY 4

3. How could I bring more of the energy of my core qualities into my life?

4. What should I stop doing to allow my core qualities centre stage? In what situations could I drop fear-based motivation strategies?