



Discover your Soul's Purpose

Core Inner Values - Discovery Activity

When you become clear on the true inner values that you have for your life, you can translate this into confident and supported action. Use the following worksheet to help you get to the core values that you hold in order to define what it is that you truly desire in your life.

1. In the column on the left, write in your current goals/ desires. What is it that you have been wanting or desiring?
2. In the column on the right, next to the goal/ value that you wrote, answer the question “why?”. Why do you want to achieve this goal or desire?
3. If the answer is material or surface, then you still haven’t gotten to the source. Move that desire over to the left column and repeat step 2, answering the question “why?” again.
4. Continue the process until you are left with non-material reasons for all of your goals and desires. These are your inner reasons for what it is that you want in your life. Your core values.

