Feeling overwhelmed by the upcoming election? SEL Can Help Series

Activity 2: Connect Your Values to Lived Experience (SEL Core Competency: Self-Management)

Directions: After identifying your core values, write your top three core values in each box in the far-left column. Then take time to reflect on the questions across the top of the table to uncover how each of your core values connect to your lived experience.

	How does this core value show up in my life each day?	Does this value show up more or less consistently than others? Why might this be?	Does this core value show up differently at work vs. home vs. in a social setting? Why might this be?	How do I feel when I am in alignment with this core value?	How do I feel when I am out of alignment with this core value?
Core Value 1:					
Core Value 2:					
Core Value 3:					