

# YOUR PERSONAL CODE IN FOUR STEPS

## 1. WHAT MATTERS TO YOU?

Take stock and make a list of the stakeholders you care about and the activities you want to include in your life. Work? Kids? Partner? Friends? Parents? Community? Fitness? Health? Hobbies? Volunteering? Relaxing?

## 2. PRIORITIZE YOUR LIST

Put everything you listed in order of importance. Really give some thought to which ones matter the most to you and decide now - if you had to choose, which ones would come first?

## 3. IDENTIFY YOUR VALUES

How do you want to live and feel? What kinds of attributes and behaviors will get you there? What do you value? Loyalty? Truth? Keeping your word? List the values that drive you, to help you clarify your priorities.

## 4. HAVE A GROWTH MINDSET

Embrace the different seasons of your life and remember that you can pivot and adapt, as necessary. Your code gives you a framework for living day to day - but it will evolve over time. Sometimes, it's hard to know what or who you value the most until things have gotten a little messy.

Stay true to what you know right now and remember to be gentle with yourself as you grow and adapt to the changes in your life.



## DEFINE YOUR PERSONAL CODE

Women who value themselves have a clearly defined personal code that helps them make decisions, set boundaries, and prioritize all of the demands placed upon them everyday.

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"Here's the truth: people who get what they want tend to be the ones who make the effort to know what they want."  
-Oprah Winfrey

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