**Core Beliefs of** *(name)*

**I believe:**

*(Examples to be deleted)*

* *We show what is important by how we spend our time*
* *You will never have to motivate people working on what is important to them*
* *Etc.*

**I love:**

*(Examples to be deleted)*

* *My family*
* *Time in nature*
* *Quiet time to think*
* *That feeling of completing the task—when I know it was the right task, done right.*
* *Etc.*

**I am:**

*(Examples to be deleted)*

* *An introvert*
* *A quick learner*
* *Person who needs space*

**I will:**

*(Examples to be deleted)*

* Strive to better understand myself
* Listen before speaking
* Slow down.

**I won’t:**

*(Examples to be deleted)*

* Lie, cheat or steal
* Strike back
* Allow my head to be anywhere except where my feet are

**My Purpose**

* To x so that y
* To serve as…
* To lead by…
* To improve...

**Stuff I don’t know where to put:**

Vulnerability can be hard and easy. Etc.

**Random Epiphanies:**

* My default setting is to catastrophize. I must be on guard for this.

**My POSF** (to be explained)