



## BE TRUE TO YOURSELF

### ***Everyone must have a set of values***

- If we are not true to ourselves, we cannot be true to others – our spouse, our partner, our family, our profession and colleagues.
- You must know who you are and be true to who you are if you are going to be who you can and should become.
- You must have courage to be true to yourself.
- As Polonius said to his son Laertes in Shakespeare's *Hamlet*:

***“This above all, to thine own self be true,  
And it must follow as the night the day,  
Thou canst not then be false to any man.”***

### ***APPLICATION EXERCISES:***

- a) List the core values to which you are true. If you are not 100% true to each value, then try to identify the circumstances that may have lead you to compromise your core values. What was the outcome?

Core Values That I Possess	Circumstances/Outcome

