## 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 <br> Possess | Circumstances/Outcome |
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b) List some core values that you admire in others which you would like to add to your own value system. Next to each of those identify how those values would improve life for you and others?

| Core Values That I Wish <br> To Possess |  |
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c) List some situations in which you allowed peer pressure to alter your behavior in a way that went against your core values or core values that you wish to possess:
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