

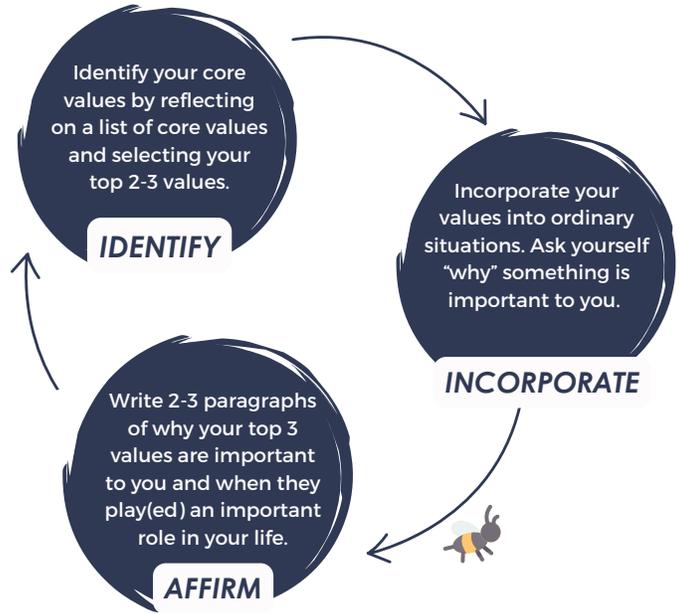
# VALUES

*"Values are like fingerprints. Nobody's are exactly the same, but you leave them all over everything you do."*

ELVIS PRESLEY

Values are a person's principles or standards that dictate their behavior - aka one's judgement of what is important in life. Identifying your values can help you find your purpose in life, react to difficult situations, make decisions, increase your confidence, develop a sense of self, decrease your stress level, and improve your overall happiness level.

Want to figure out your values? Take a quick values assessment from Think2Perform by scanning the QR code.



# ACCOMPLISHMENT

Small achievements day in and day out build one's capacity to be successful. It is the striving rather than the reward that is long-lived. Little achievements are success, they build our self-esteem and make us want to achieve more.



*"There is only one thing that makes a dream impossible to achieve: the fear of failure."*

PAULO COELHO



Self-esteem feels good because it is highly linked to the emotion of pride. Pride in turn arises from one's sense of confidence and abilities. Esteem and related emotions instill a sense of success and the confidence that you can accomplish whatever you set out to do.

**TOGETHER WE CAN** *build a better future!*