

Express Your Brilliance

A Personal Reflection Guide

Phase 1: Awareness

Sample List of Values

Self	Work & Growth	Relationship & Communications
Confidence	Initiative	Love
Honesty	Organization	Kindness
Integrity	Knowledge	Bonding
Truthfulness	Technical Ability	Sincerity
Responsibility	Energy	Listening
Enthusiasm	Willpower	Ask/Curiosity
Achievement	Efficiency	Understanding
Ambition	Drive	Determination
Creativity	Professionalism	Encourage
Constancy	Commitment	Compliment
Courage	Discipline	Humor
Quest for Knowledge	Perseverance	Powers of Persuasion
Positivity	Quality	Powers of Negotiation
Acceptance of Change	Follow Through	Supportive

Core Values – Refinement

From your first list, circle or rewrite the 5–7 values that feel MOST true right now.

Phase 2: Alignment

Phase 3: Expression

Phase 4: Integration



Transformation Review

What feels clearer now?

What surprised you?

What feels different, even slightly?

What do you want to continue building?

Reflection Journal



This is not the end of a journey.

It is a return to yourself.

Come back to these pages whenever life becomes noisy.

Your answers may change.

Your direction may evolve.

But your brilliance is still here.

Donna Ewing Marto

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