

# Rêve Health Identity Matrix

<b>EXTERNAL</b>	<b>CORE VALUES</b> What do you value the most?	<b>RELATIONSHIPS</b> What is most important to you in your closest relationships?	<b>INTENTION</b> How do you want people to perceive you? What is your key intent for people to receive from your work or presence?
<b>EXTERNAL/ INTERNAL</b>	<b>EXPRESSION</b> How do you express yourself? This can be how you dress, your hair, your gestures, how you write and communicate	<b>PURPOSE</b> Your north star or "why"; what you are meant to do.	<b>PERSONALITY</b> What are some key attributes for your personality? How do you want to be perceived?
<b>INTERNAL</b>	<b>GOALS</b> What are your key goals in life?	<b>CULTURE</b> What cultural values from your culture or family are important to you personally?	<b>COMPETENCES</b> What are you good at? What do you like doing? What is your education? What is your experience?