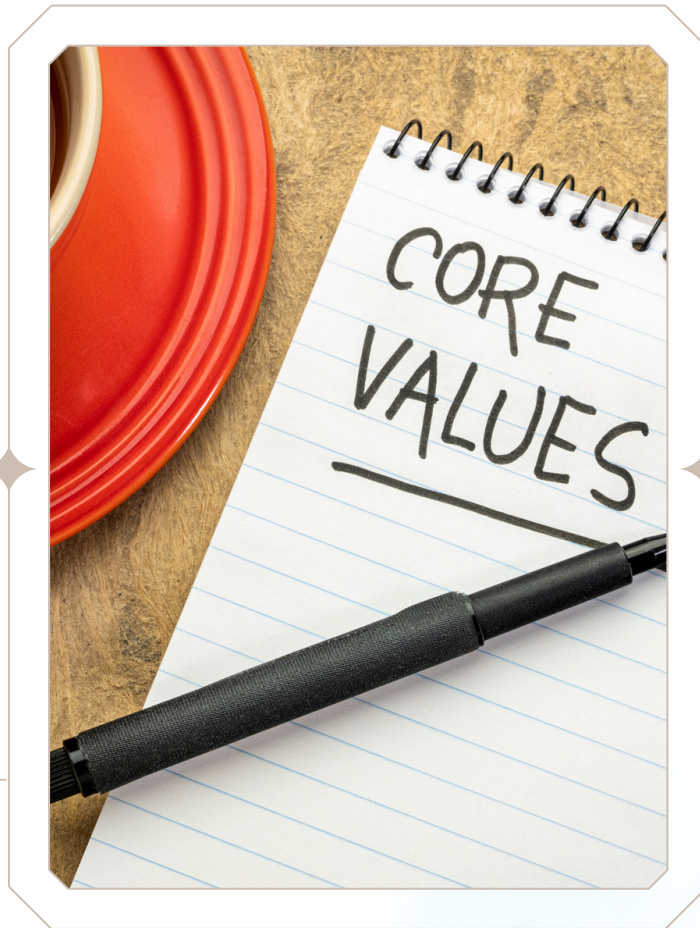


WORKBOOK

Values

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Introduction

Welcome to your journey towards self-discovery and personal growth. This workbook, "A Journey of Values: Discover, Reflect, and Grow", has been meticulously designed to help you understand, explore, and reflect on your core values.

Values are the guiding principles that shape our behavior, influence our actions, and give meaning to our lives. They are the bedrock of our identities, acting as compasses that navigate us through the complexities of life. Whether you're aware of them or not, your values play a crucial role in every decision you make and every path you choose.

In this workbook, you'll embark on an introspective voyage, delving deep into your innermost beliefs, feelings, and attitudes. Through a series of thought-provoking exercises, reflective prompts, and insightful discussions, we will unearth your core values, examine their impact on your life, and discover how they align with your goals and aspirations.

This journey won't always be easy. You may encounter values you've overlooked, ignored, or even suppressed. But remember, this process is not about judgment—it's about understanding. It's about building a stronger, more authentic version of yourself.

HOW TO START

Your Values

Pick one area from the chart below. Once you have your chosen value, begin to work through this workbook. You can always come back to the start and choose another value when you're ready!



AREAS IN OUR LIVES:

Career: Where you bring in your income/wealth

Family: Those you are most intimately connected with, your closest circle

Relationships: Your most intimate/romantic relationship

Personal Growth & Development: Your relationship with yourself on a mental and emotional side

Health & Fitness: How you respond to your physical body

Spirituality: Connection to God, Spirit, Source, Energy

TASK ONE

Meaning

Understanding and knowing your values is of paramount importance as it serves as the compass that guides your decisions, shapes your identity, and provides a sense of purpose and fulfillment in life.

Values are the fundamental principles and beliefs that define who you are, what you stand for, and what you consider to be meaningful and worthwhile.

Knowing your values helps you make informed choices aligned with your authentic self. It enables you to prioritize your time, energy, and resources effectively, directing them towards pursuits that resonate with your core beliefs. By identifying your values, you gain clarity about what truly matters to you and can establish goals and aspirations that reflect your deepest desires and aspirations.

Understanding your values also plays a crucial role in shaping your relationships and interactions with others. When you know your values, you can seek out connections with individuals and communities who share similar principles, fostering a sense of belonging and support. Moreover, knowing your values allows you to establish boundaries, make ethical decisions, and maintain integrity in your personal and professional interactions.

Write 1-2 Paragraphs to determine what this area of life MEANS to you.

REMEMBER

In times of uncertainty or adversity, your values act as a guiding light, providing a solid foundation from which to navigate challenges.

TASK TWO

Brain Dump

Write down ALL the value words you can think of that are important to you. Answer the question "What is important to me about _____?" Ask that question 3 times to get as deep as you can – you are not committing to anything yet, so the goal is to just write ALL that comes to mind.

Now, dig even deeper...

Think of a specific time in your life when you felt completely, totally motivated in the context of _____. A time when you were feeling completely fulfilled, energized and aligned. As you think of that time, what was the last thing you felt JUST BEFORE you felt that total motivation? – write that feeling down.

And now dig even DEEPER...

Look at your list. Imagine that EVERYTHING on that list is present in that area of your life. Consider what would still be missing by asking yourself "If all of these values are present, what would still be missing and make me feel unfulfilled?". I may look at my list for career values and see financial security, respect, integrity, trust, etc. If I considered all is present and if I didn't have BALANCE I would be unhappy – then BALANCE should be added as a value.

REMEMBER

Values serve as a source of motivation, resilience, and determination, empowering you to stay true to yourself even in difficult circumstances.

BRAIN DUMP

Worksheet

Handwriting practice lines consisting of 18 horizontal dotted lines.

TASK THREE

Condense

You are most likely looking at a long list of words! Now take time to reflect on the list and notice which words mean the same to you, remove duplicates or multiple words that represent the same value (example: truth ,honesty, authenticity, honor and integrity may all be rolled up into ONE word). The goal should be to have no more than 5-7 values for each area of life.



REMEMBER

Knowing your values allows you to establish boundaries, make ethical decisions, and maintain integrity in your personal and professional interactions.

CONDENSE

Worksheet

Handwriting practice lines consisting of 18 horizontal dotted lines.

TASK FOUR

Prioritize

1. Now that you have boiled down your list to 5-7 words, you must get clear on the hierarchy. Prioritize the list based on what is MOST important to you at the top.

Ask yourself, if I could have #1 on the list, but not #2,3,4 or 5 am I ok with that? Continue on down the list until you are comfortable with the order of priority. Sit with it, reflect on it, notice how it sits with your soul.



REMEMBER

In times of uncertainty or adversity, your values act as a guiding light, providing a solid foundation from which to navigate challenges.

TASK FIVE

Define

1. You have done an excellent job in uncovering and prioritizing your values! Now that we are clear on WHAT you value, let's get clarity on what it actually means to you. Think about each value you have identified - you will notice you have a picture attached to the word in your mind. Take some time and write down what you see in the picture. What does that value mean to you and how will you know when you are living it?



REMEMBER

Values enables you to make choices that are consistent with who you are, and it gives you a sense of direction and purpose.

DEFINE

Worksheet

A series of horizontal dotted lines for writing.

TASK SIX

Intention

This is where the rubber meets the road. Now that you are clear on what your values are, and why they are important to you, it is up to you to honor and defend them. For many of us, this is where it gets challenging. To honor and defend your values, you may need to set boundaries and re-negotiate relationships, commitments or circumstances that don't align. You may need to use the word NO more often than you are comfortable with, in order to say YES to what matters most to you.

Consider your top 5 values, then ask yourself the following questions:

Based on my values...

What am I currently doing NOT doing that I need to START doing to honor my values? (for example, if you value HEALTH, and you are not engaging in an exercise program...should you start?)

What am I currently doing that is supporting my values that I should continue with intention?

What am I currently doing that is not aligned with my values that I will STOP IMMEDIATELY?

REMEMBER

By understanding your values, you gain the confidence to pursue your passions, build meaningful relationships, and make a positive impact on the world around you.



If you have done the work to this point, you should now have a much deeper understanding of what truly matters to you. This knowing can empower you to make good decisions based on what is right for you and to trust yourself to make them fully and completely. When you consider your values, decisions become easy to make (and yes, they can still be difficult to execute). My hope for you is that you will have a confidence in yourself that will allow you to take a stand for what is aligned with you – and to gracefully and elegantly stand down from what is not...no second guessing yourself, no regrets, no guilt.

You are a beautiful work in progress, and you are 100% worth the effort.

With Love,

MB

NEED MORE INSIGHT & SUPPORT?

Get in touch with me either via my website or you can email
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