

CORE VALUES

WORKBOOK



Define your core values

EVERYTHING IN LIFE LINKS BACK TO THEM.

When we are in flow, we are connected to our values. When we are in conflict or feeling inner turmoil it can often be because we are acting out of alignment of our deepest values.

Knowing and living by your values is invaluable. It will give you the freedom to say no, empower you to set boundaries, pull you into line when you need reigning in and keep you honest.

Your life will take on more meaning and your everyday habits like drinking more water, going alcohol free a few nights a week and taking time to do the things you love will become easier to fulfil.

So how do you find your 'why'?

Values are aspects of our lives we hold dear to us. They are intangible (apart from family). For example, having a Ferrari is not a value, it is a goal. Having security/freedom can be a deep value so earning the money to gain security or freedom is the goal.

Your values act as a play book to your life.

TO HELP YOU DETERMINE THE VALUES ASK YOURSELF:

What would you die on the sword for?

If you were at a dinner party and somebody said something that really upset you, what was it deep inside of you that got passionate? Quite possibly they have poked at your values.

What do you stand for? What do you want to be remembered as?

Check out the attached list of words and circle any that spring out to you. Understand there is no right or wrong. Also understand that this list isn't exhaustive. If there are other values that come to mind, write them down too!

You may circle a lot of values on the list. Once this is done, trust your gut and choose your top four. Then from your top four choose your top two.

LEGACY SIGNIFICANCE ENERGY FREEDOM ACHIEVEMENT

RECOGNITION TRAVEL FAME BELONGING KNOWLEDGE

SELF ACTUALISATION UNIQUENESS FAIRNESS CAREER FAMILY

FAITH KINDNESS HEALTH LOVE DETERMINATION

BALANCE WEALTH HAPPINESS SUPPORT EQUALITY

COMMITMENT FRIENDSHIP COMMUNITY SPIRITUALITY INNER PEACE

PURPOSE SECURITY CONTENTMENT SUCCESS

RECOGNITION HOBBIES COMFORT FINANCES

INDEPENDENCE DECISIVENESS CHALLENGE DISCIPLINE NATURE

INSPIRATION FINANCIAL FREEDOM VISION ENVIRONMENT FRIENDS

POWER AMBITION PROFESSIONALISM RESPECT JOY

STRUCTURE BEAUTY VARIETY CREATIVITY STABILITY

TOLORANCE BOLDNESS PATIENCE CALL TO ACTION CONTRIBUTON

DIVERSITY FAITH COOPERATION LEARNING COMPASSION

GENEROSITY INTAMACY INSPIRE COURAGE EXCELLENCE

FRUGALITY GRATITUDE FUN MINDFULNESS

DEPENDABILITY DISCOVERY EMPATHY ENCOURAGEMENT

GROWTH FLEXIBILITY HOPE INTEGRITY INTUITION

OPTIMISM PASSION RESILIENCE TRUST

OPENNESS ORIGINALITY PERSUASIVENESS SACRIFICE SIMPLICITY

Now you have your top values, write down what they mean to you specifically and how you will behave so you live in integrity with them.

	What it means to me:	How I will live in integrity with this value:
VALUE 1:		
VALUE 2:		
VALUE 3:		
VALUE 4:		



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