

CORE VALUES EXPLORATION (1)

*A fun and reflective exercise
to help you get clarity on what is important to YOU.*

For the purpose of this exercise, I am going to define values as
your personal judgment of what is important in life.

Your values don't have to be the same as those of your parents, your partner, your in-laws, your religious leaders, or the woman down the street you are always trying to compare to.

Push past the "should" to see who you really are.

Note : A value is different than a goal.

We never achieve our values in the way that we achieve our goals.

We can't accomplish our values, but we do set goals and take action that are in line with our values.

Values are the subtle but solid foundation of our lives.

Do this exercise as you are taking a personality test. Don't overthink it.

Instead go with the first answer that comes to mind. Your gut knows what you value.

We all have a voice deep inside of us, a voice that knows us better than anyone else.

People call it the Universe, the Spirit, the Highest self, the Intuition, the Soul.

What we call it isn't as important as learning to pay attention to it.



Settle into a comfortable spot, make yourself a warm, cozy drink,
and turn off distractions.

Print this document , grab your journal or a piece of paper and a pen.

And Let's Get Started !



CORE VALUES EXPLORATION (2)

Read through the following values and highlight or write down any that immediately resonate with you. Feel free to add values you don't see here.

Adventure
Authenticity
Balance
Belonging
Boldness
Bravery
Citizenship
Collaboration
Commitment
Community
Compassion
Consistency
Contentment
Contribution
Courage
Creativity
Curiosity
Dependability
Determination
Empathy
Faith
Family
Flexibility
Focus
Friendship
Friendship

Generosity
Happiness
Health
Honesty
Humility
Humor
Influence
Inner peace
Integrity
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Mastery
Meaningful work
Mindfulness
Nature
Novelty
Openness
Perseverance
Presence

Reputation
Resilience
Respect
Responsibility
Security
Self-confidence
Self-love
Self-respect
Self-sufficiency
Service
Simplicity
Social justice
Spirituality
Stability
Strength
Success
Trust
Worthiness
Unity
Vitality
Vulnerability
Wisdom
Wonder

CORE VALUES EXPLORATION (3)

Determine Your Core Values

Now that you have circled the values that resonated with you, let see how we can narrow it down so you can identify you top 3 core values

Ask yourself : “Would I hold on to this value even at a cost?”

*When you are willing to give up something that feels good
for something you care about more,
that’s when you know you are acting on a core value.*

What Is a Value Tree ?

Think of your top 3 core values as the trunk of the tree.

The trunk is essential to the health of a tree. Without it, there would be no tree at all. But growing outward from that trunk are separate branches that make the tree what it is.

With your top 3 core values as the basis of yourself (the trunk), you also have several separate but connected life domains (the branches).

Here are the life domains that made more sense to me,
but you are welcome to drop or swap out a domain if one doesn't feel like it.

Core Values

Home

Health

Family

Career

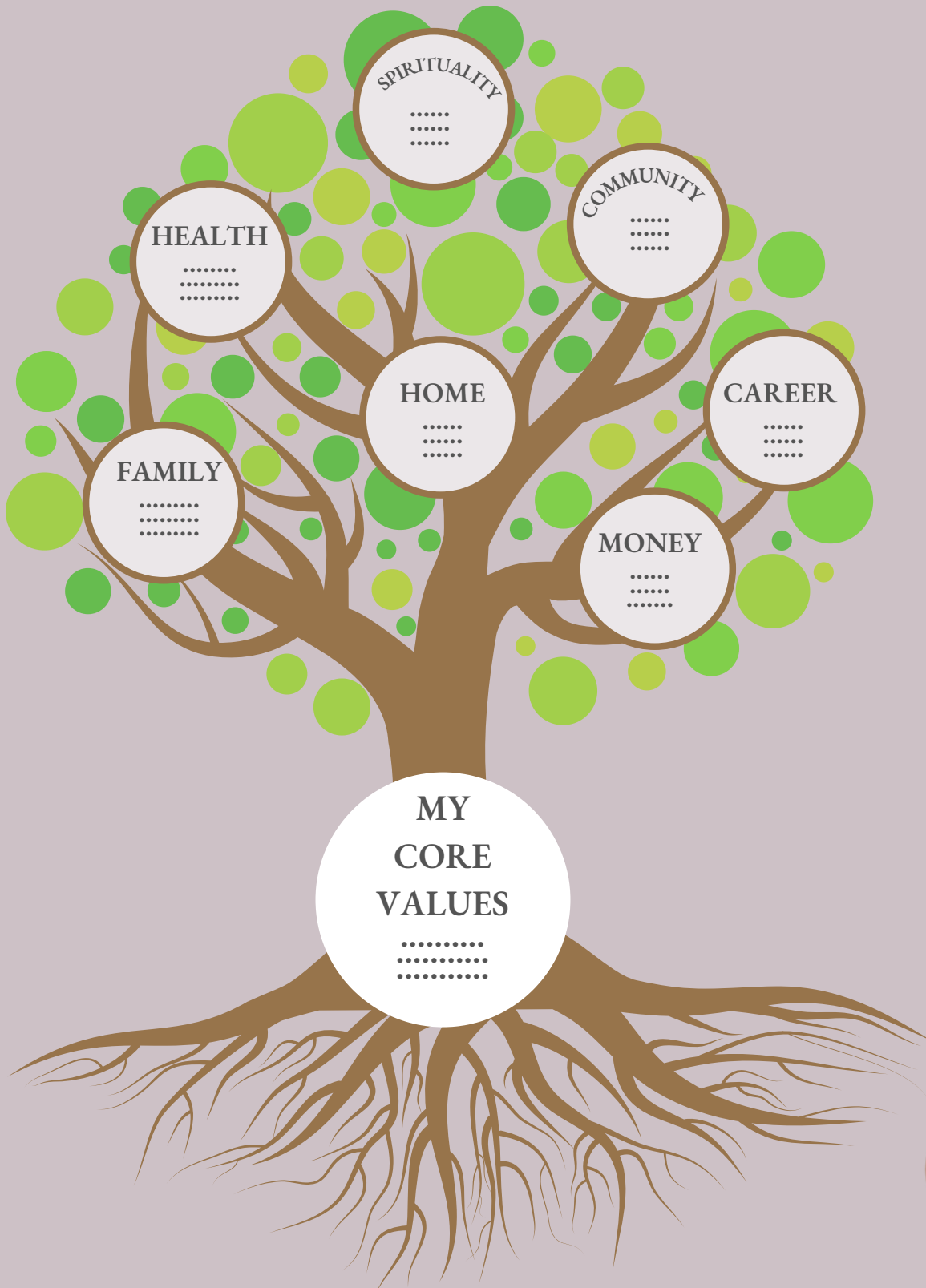
Community

Spirituality



CORE VALUES EXPLORATION (4)

In the first exercise, you determined what you value in a broad sense. Now it is time to get specific. Think about how your values play out in each area of your life. It is ok to repeat values across areas or pull from your top three guiding values. Choose 3 values for each category.



CORE VALUES EXPLORATION (5)

How to Embody Your Core Values?

Once you feel good about the values you have chosen, do everything you can to memorize them.

If you have chosen well, your values are already a part of you (and always have been).

But going forward, let's make them your guiding force.

Here are some suggestions to incorporate them in your life

- Print them out, make them visible. (I like to keep them on the cover of my planner).
- Make or hire an artist to create a core value wall art.
- Talk about your values regularly.
- Invite a friend or your partner to do the value exercise with you.



It is when you know your values AND are living by them that you are most able to see your priorities and make choices that will help you build the life you truly want.

When we are knee-deep in the business of our day-to-day lives, we often make decisions based on habit, convenience, conformity or the fear of making waves.

But knowing our values (and continually getting back in touch with them) allows us to take a step back and see a fuller picture.

With our values in mind, we remember to do life with purpose, not by default. We give our best energy to the things that matter most, with no guilt.

As you move forward, remember to come back to your values again and again.

Refer to them as often as possible and certainly every time you hit a junction in your life and need some direction.



MY WORD FOR NEXT YEAR

Exploratory questions

- 1/ What were my highlights of the year?
- 2/ What has worked well for me this year?
- 3/ What type of experiences do I want to live in the next year?
- 4/ How do I want to feel? What are three emotions that I want to feel on a daily basis?
- 5/ What do I want more of in my life?
- 6/ What do I want to live, accomplish, change so I can say to myself "this year has been a good year"?
- 7/ What are some things I can do today to go in that direction?
- 8/ Name...
 - 3 projects I would like to accomplish this year.
 - 3 things that would make my life even more enjoyable.
 - 3 ways I want to contribute to my community, to the world.
 - 3 ways I want to take care of myself.

By answering those questions, is there a word that is calling you?

If not, review your answers above and see if there is a theme that weaves them all together?

My Word for this new year is

How will I manifest this word in the different areas of my life (personal, familial, professional, relationships)?

How can I embody this word?

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