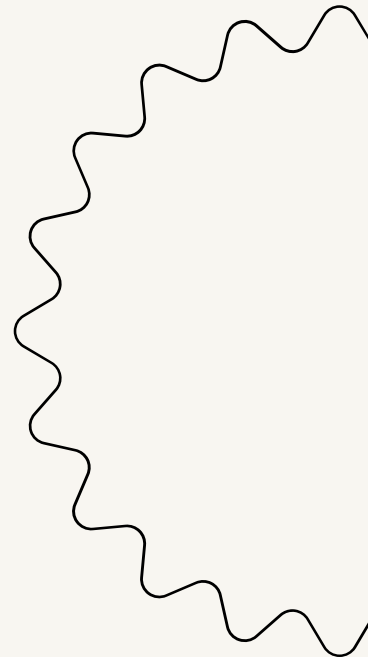


Finding Self Core Values



Questions to help you identify your core values for a happy life

Why are core values important?

When on a quest to finding ourselves, our values can act as our compass to help us make decisions. When doubtful, they can provide us confidence, when moving forward in life they can help us out of our comfort zone.

Your values are little specks of what it means to be you. Some may evolve through time, others may remain the same.

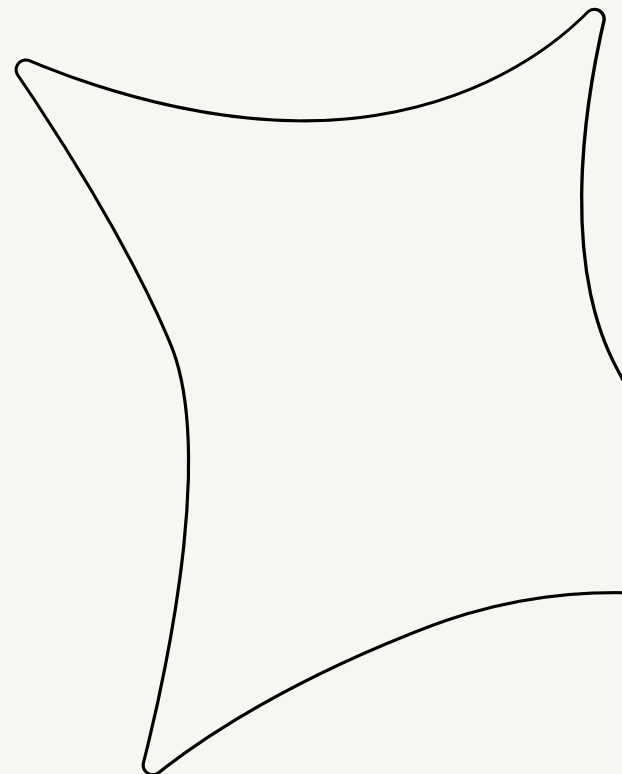
Nonetheless they are there to support you in everyday life and help you live life in a way that feels right for you.

VALUES VS BELIEFS

Values are a set of principles that guide us, that help us determine what feels right or wrong for us. Beliefs are opinions we hold to be true.

Values are for ourselves. They are not to be imposed on others. We all have our own set of unique values. That's what makes the world so weird and wonderful.

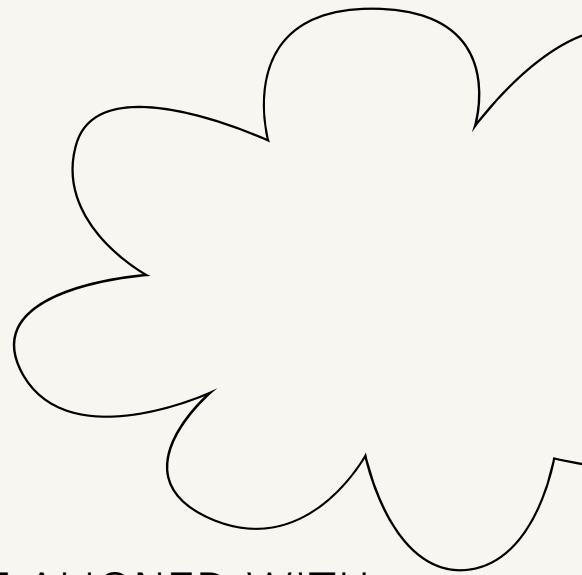
In this workbook we'll explore yours, in the hopes of helping you reflect and get one step closer to the most authentic version of yourself.



Spot your values

Accountability	Fun	Personal fulfilment
Achievement	Future generations	Power
Adaptability	Generosity	Pride
Adventure	Giving back	Recognition
Altruism	Grace	Reliability
Ambition	Gratitude	Resourcefulness
Authenticity	Growth	Respect
Balance	Harmony	Responsibility
Beauty	Health	Risk-taking
Being the best	Home	Safety
Belonging	Honesty	Security
Career	Hope	Self-discipline
Caring	Humility	Self-expression
Collaboration	Humor	Self-respect
Commitment	Inclusion	Serenity
Community	Independence	Service
Compassion	Initiative	Simplicity
Competence	Integrity	Spirituality
Confidence	Intuition	Sportsmanship
Connection	Job security	Stewardship
Contentment	Joy	Success
Contribution	Justice	Teamwork
Cooperation	Kindness	Thrift
Courage	Knowledge	Time
Creativity	Leadership	Tradition
Curiosity	Learning	Travel
Dignity	Legacy	Trust
Diversity	Leisure	Truth
Environment	Love	Understanding
Efficiency	Loyalty	Uniqueness
Equality	Making a difference	Usefulness
Ethics	Nature	Vision
Excellence	Openness	Vulnerability
Fairness	Optimism	Wealth
Faith	Order	Well-being
Family	Parenting	Wholeheartedness
Financial stability	Patience	Wisdom
Forgiveness	Patriotism	Write your own:
Freedom	Peace	
Friendship	Perseverance	

Reflect



WHEN DO YOU FIND YOURSELF **LEAST** ALIGNED WITH YOUR VALUES?

Moving forward



WHAT CAN YOU DO TO SUPPORT YOURSELF IN LIVING YOUR VALUES EVERYDAY?

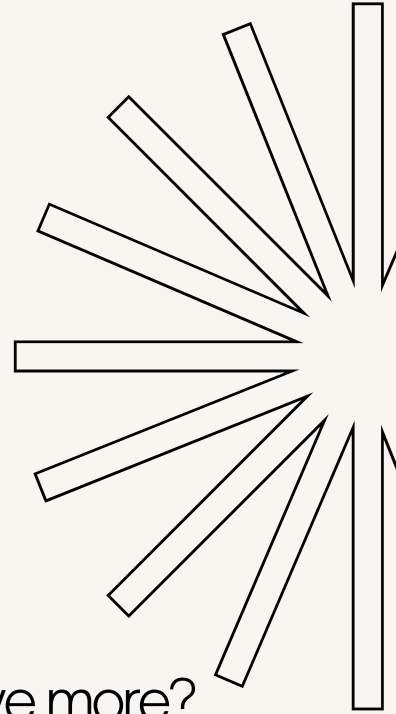
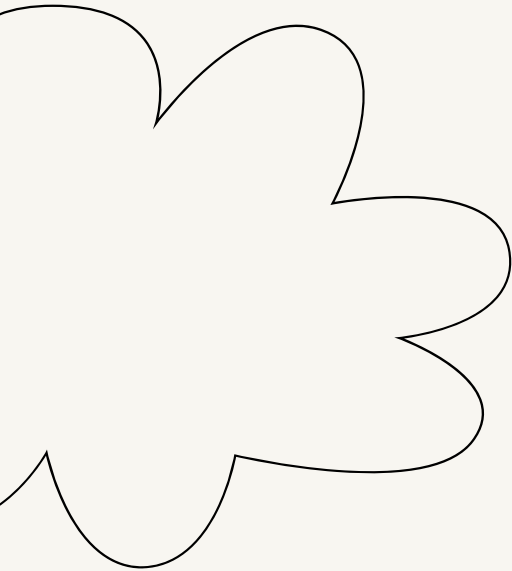
Living your values

→ MY VALUES ARE

→ THEY SHINE BRIGHTEST WHEN

→ THEY ARE NEGLECTED WHEN

→ TO HONOUR MY VALUES I WILL



want to share your insights? have questions? crave more?

Reach out!

I'd love to chat and help you find what you're looking for.

THANK YOU

