

CORE VALUES WORKBOOK



UNFOLDING YOUR LIFE PURPOSE

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WHAT ARE CORE VALUES?

Your core values are your internal navigation system. They guide you and lead you. They are system in working order; they are at the core of how you choose and what you decide. How you behave, how you act. They describe who you are; they are unspoken rules and regulations, terms and conditions by which you are living by.

They aren't fixed. They serve you. How are you being served?

AND SO YOU BEGIN...

The saying goes 'ask the right questions, and you'll get the right answers.

So that's where you begin.

In the first part of the workbook there are some key questions to ask yourself.

May I suggest you print this workbook out, spend some time on it, walk away from it, come back to it.

It's not a race. It's best to complete over a little time. Sit with the questions.

Who has inspired you?

Why? What qualities do/did they have?

What traits and behaviours do you admire in others?

BOUNDARIES...

“It's not hard to make decisions when you know what your values are.”

Have you ever made a decision and it just didn't feel quite right?

Journal Prompts:

When I remain true to myself life is...

I remember when I said yes and wanted to say no...

The most memorable time when I didn't feel like me was...

To Do:

Practice saying no three times this week. Remain calm, no error. How did it feel?

What can't you tolerate?

How do you like to be treated?

What personal boundaries are non negotiable?

UNDERSTAND...

Truth can be stated in a thousand different ways, yet each one can be true.

Where have your values changed over the years? What did you once believe as true but now see differently?

Journal Prompts:

Change is...

If my values guide me, where am I going?

I no longer believe that...

To Do:

If you find yourself 'up against' the values of another person. Pause. You don't have to agree with them, you don't have to accept or believe them. But allow yourself to listen.

What makes you angry?

To form a relationship with another, what must they know about you?

To understand you, others need to know ...

NEW EYES...

The real voyage of discover consists not in seeking new landscapes but in having new eyes. – Marcel Proust

What does this quote mean to you? How does looking at your world with new eyes differ from looking for new ways?

Journal Prompts:

When I don't understand I...

10 things that no longer serve me...

I'm not looking through new eyes when...

To Do:

Do something today that is not part of your routine.

What boundaries are negotiable?

What makes you laugh?

What makes you upset?

YOUR INVITATION...

We all received at birth the invitation to show up, take part fully and express who we really are. No exclusions.

Many people feel lost and left out. That they are missing the invite or nobody told them.

Journal Prompts:

Write your own 'Invitation to Life' that you would give your 5 year old self. What would you say to yourself?

To Do

Include yourself. Where do you need to show up fully today, this week, this month. Visualise yourself showing up fully

How would your best friends describe you?

What message do you express to the world?

Why do you get up in the morning?

AND SO YOU BEGIN...

You have been given a gift you never have to repay. That gift is life.

If the gift is life, are you opening yours? Is it still wrapped up? Untouched. Unused? There is no error. But do you want to share what you've been given?

Journal Prompts:

This is not what I make it, it's...

This is how I am leaving my gift for others...

What's in your gift that nobody else has been given?

To Do:

Get a shoe box (or that size). Begin customising a gift you want to give to someone in one year. Fill it with gifts.

What can't you live without?

What excites you?

What bores you?

YOUR PERFECT DAY...

Your Perfect Day.

Who are you with?

What are you doing?

What do you eat?

Where do you go?

Who's enjoying your company?

Who's company are you enjoying?

What does the environment look like?

What do you achieve?

How do you feel?

What doesn't matter?

What are you saying?

Who are you saying it to?

How does it start?

How does it end?

What's your perfect day?

YOUR VALUES

Rate them...

Using your answers to the questions as prompts, write down 20 values in the space below (please use the list of core values at the end, if you need help to find the 'right' word).

1

2

3

4

5

6

7

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9

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11

12

13

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15

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18

19

20

GETTING CLOSER...

Follow these next steps:

From the list of words above, choose the ten values that are most important to you. You aren't giving any 'up', you are simply prioritizing.

Why did you choose those ten over the other?

From the list of 10, choose only 5 of the most important.

Why did you choose those five over the other?

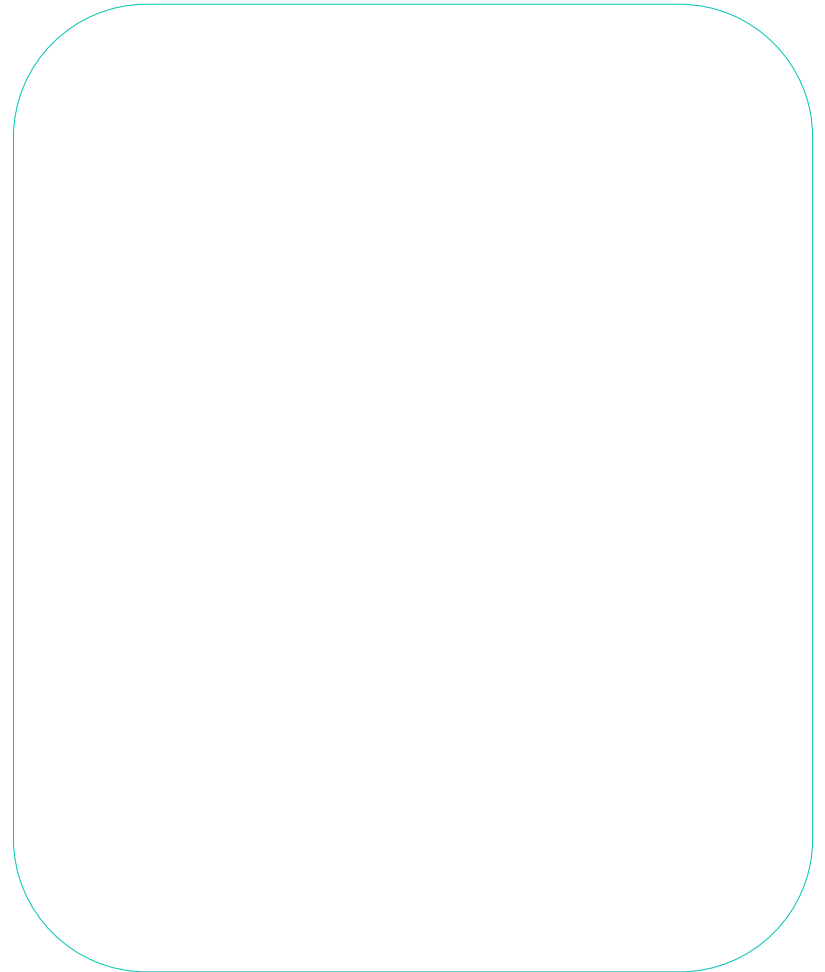
What's your final 3 values after reducing?

THE BIG QUESTIONS...

The Big Questions

Finding out if you are in alignment with your core values. Answer the following questions about each of your final core values.

- ☞ What happens when that value isn't being lived?
- ☞ Do you live these values daily? Are they always easy to practice?
- ☞ What makes them challenging?
- ☞ Do you always practice these values?



CONTD:

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AND ONWARDS...

The Big Questions

Are you fully living your core values?

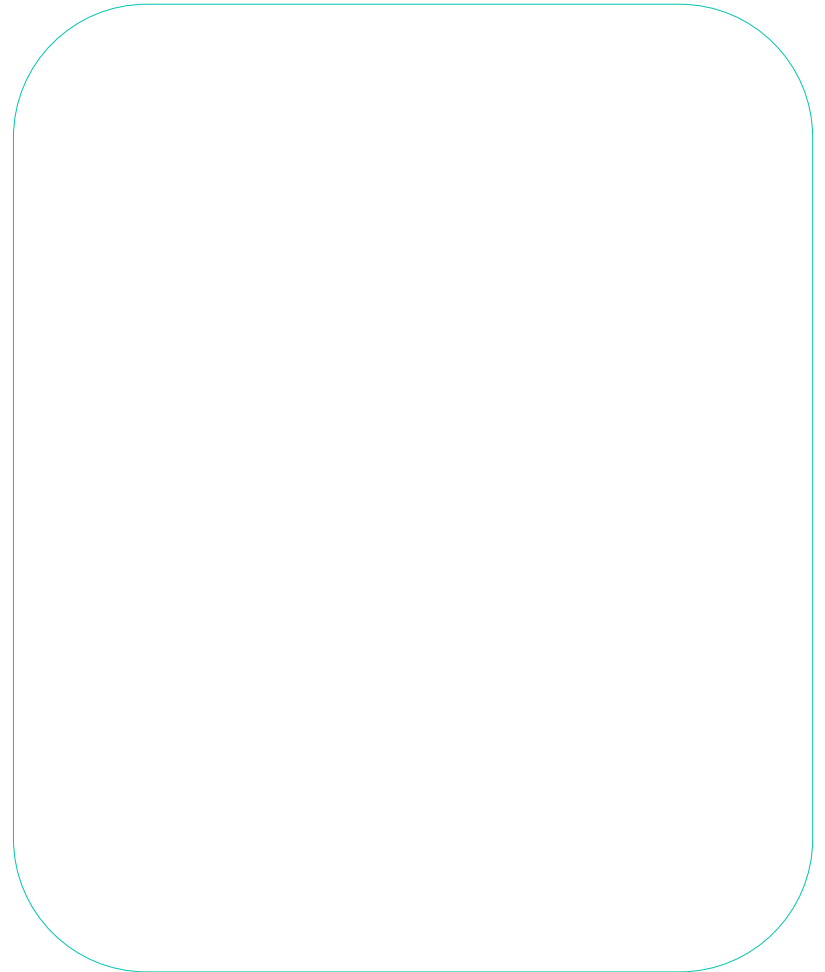
Do you ever substitute or let the value slide because it is too hard to practice?

How do you feel when that happens?

What can you change so that these values are a consistent in your life?

How can you practice these values in all areas of your life?

What would your life look like if you lived by these values consistently?



KEEP MOVING...

The Big Questions

Are there any blockages you can see to living these values?

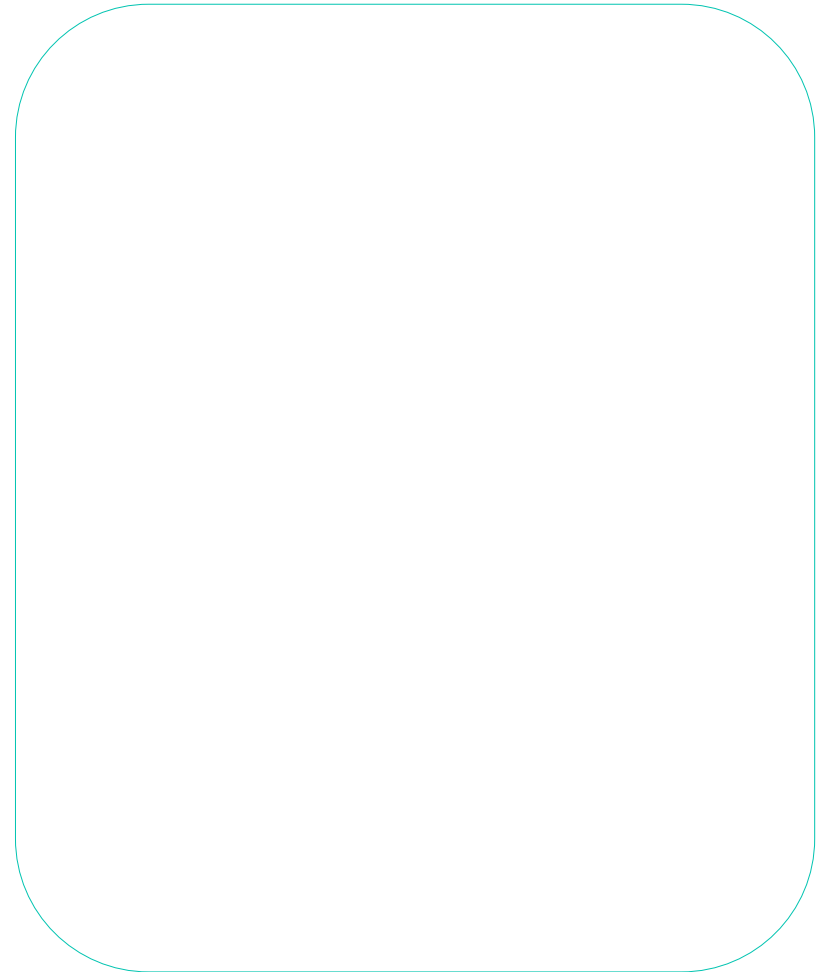
What is currently being practiced in your life that needs to be removed?

In your day to day activities do they fit with your value?

What can you do more of?

What can you do less of?

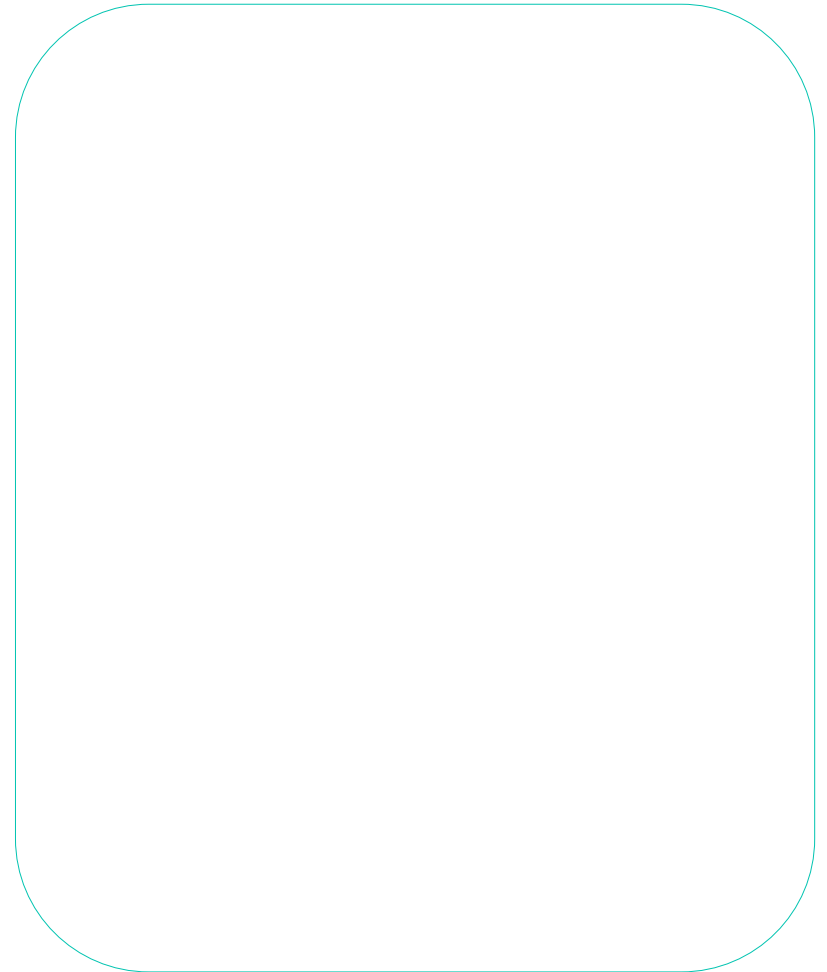
Where are you 'out of alignment' with your core values?



THE LAST BATCH...

The Big Questions

- ☞ What needs to happen next?
- ☞ What will happen if nothing changes?
- ☞ Where are you 'out of alignment' with your core values?
- ☞ What will happen if nothing changes?



SUMMARY

What have you learned about you? How do you feel? What do you need now? Write yourself a commitment. When will you review this workbook?

THANK YOU

Now what?

This little worksheet isn't the *end*.

It's just a self-discovery moment. What do you need now?

Nip back to the [blog](#) to see if there are any articles that can help you. [Check out the courses and events](#) there could be something happening soon for you to get your teeth into.

Or nip and say hi on [Facebook](#).

Let me know if you found this useful or not, and if there is anything I can answer for you, please feel free to message me on Facebook or via the website.

Speak soon,

Dawn

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VALUE WORDS

Abundance
Acceptance
Accessibility
Accomplishment
Accuracy
Achievement
Acknowledgement
Activeness
Adaptability
Adoration
Adroitness
Adventure
Affection
Affluence
Aggressiveness
Agility
Alertness
Altruism
Ambition
Amusement
Anticipation
Appreciation

Approachability
Articulacy
Assertiveness
Assurance
Attentiveness
Attractiveness
Audacity
Availability
Awareness
Awe
Balance
Beauty
Being the best
Belonging
Benevolence
Bliss
Boldness
Bravery
Brilliance
Buoyancy
Calmness
Camaraderie

Candour
Capability
Care
Carefulness
Celebrity
Certainty
Challenge
Charity
Charm
Chastity
Cheerfulness
Clarity
Cleanliness
Clear-mindedness
Cleverness

VALUE WORDS

Closeness
Comfort
Commitment
Compassion
Completion
Composure
Concentration
Confidence
Conformity
Congruency
Connection
Consciousness
Consistency
Contentment
Continuity
Contribution
Control
Conviction
Conviviality
Coolness
Cooperation
Cordiality

Correctness
Courage
Courtesy
Craftiness
Creativity
Credibility
Cunning
Curiosity
Daring
Decisiveness
Decorum
Deference
Delight
Dependability
Depth
Desire
Determination
Devotion
Devoutness
Dexterity
Dignity
Diligence

Direction
Directness
Discipline
Discovery
Discretion
Diversity
Dominance
Dreaming
Drive
Duty
Dynamism
Eagerness
Economy
Ecstasy

VALUE WORDS

Education
Effectiveness
Efficiency
Elation
Elegance
Empathy
Encouragement
Endurance
Energy
Enjoyment
Entertainment
Enthusiasm
Excellence
Excitement
Exhilaration
Expectancy
Expediency
Experience
Expertise
Exploration
Expressiveness
Extravagance

Extroversion
Exuberance
Fairness
Faith
Fame
Family
Fascination
Fashion
Fearlessness
Ferocity
Fidelity
Fierceness
Financial independence
Firmness
Fitness
Flexibility
Flow
Fluency
Focus
Fortitude
Frankness
Freedom

Friendliness
Frugality
Fun
Gallantry
Generosity
Gentility
Giving
Grace
Gratitude
Gregariousness
Growth
Guidance
Happiness
Harmony
Health
Heart

VALUE WORDS

Helpfulness
Heroism
Holiness
Honesty
Honour
Hopefulness
Hospitality
Humility
Humour
Hygiene
Imagination
Impact
Impartiality
Independence
Industry
Ingenuity
Inquisitiveness
Insightfulness
Inspiration
Integrity
Intelligence
Intensity
Intimacy
Intrepidness
Introversion
Intuition

Intuitiveness
Inventiveness
Investing
Joy
Judiciousness
Justice
Keeness
Kindness
Knowledge
Leadership
Learning
Liberation
Liberty
Liveliness
Logic
Longevity
Love
Loyalty
Majesty
Making a difference
Mastery
Maturity
Meekness
Mellowness
Meticulousness
Mindfulness

Modesty
Motivation
Mysteriousness
Neatness
Nerve
Obedience
Open-mindedness
Openness
Optimism
Order
Organization
Originality
Outlandishness
Outrageousness

VALUE WORDS

Passion
Peace
Perceptiveness
Perfection
Perkiness
Perseverance
Persistence
Persuasiveness
Philanthropy
Piety
Playfulness
Pleasantness
Pleasure
Poise
Polish
Popularity
Potency
Power
Practicality
Pragmatism
Precision
Preparedness

Presence
Privacy
Proactivity
Professionalism
Prosperity
Prudence
Punctuality
Purity
Realism
Reason
Reasonableness
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Religiousness
Resilience
Resolution
Resolve
Resourcefulness

Respect
Rest
Restraint
Reverence
Richness
Rigor
Sacredness
Sacrifice
Passion
Peace
Perceptiveness
Perfection
Perkiness
Perseverance
Persistence
Persuasiveness

VALUE WORDS

Philanthropy
Piety
Playfulness
Pleasantness
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Poise
Polish
Popularity
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Power
Practicality
Pragmatism
Precision
Preparedness
Presence
Privacy
Proactivity
Professionalism
Prosperity
Prudence
Punctuality
Purity

Realism
Reason
Reasonableness
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Religiousness
Resilience
Resolution
Resolve
Resourcefulness
Respect
Rest
Restraint
Reverence
Richness
Rigor
Sacredness
Sacrifice

Saintliness
Sanguinity
Satisfaction
Security
Self-control
Selflessness
Self-reliance
Sensitivity
Sensuality
Serenity
Service
Sexuality
Sharing
Shrewdness
Significance
Silence

VALUE WORDS

Silliness
Simplicity
Sincerity
Skilfulness
Solidarity
Solitude
Soundness
Speed
Spirit
Spirituality
Spontaneity
Spunk
Stability
Stealth
Stillness
Strength
Structure
Success
Support
Supremacy
Surprise
Sympathy

Synergy
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtfulness
Thrift
Tidiness
Timeliness
Traditionalism
Tranquillity
Transcendence
Trust
Trustworthiness
Truth
Understanding
Unflappability
Uniqueness
Unity
Usefulness
Utility
Valour

Variety
Victory
Vigour
Virtue
Vision
Vitality
Vivacity
Warmth
Watchfulness
Wealth
Wilfulness
Willingness
Winning
Wisdom
Wittiness
Wonder
Youthfulness
Zeal