



REALIZE YOUR VALUES



When we are not living
in alignment with our
core values, we suffer.

Kristin Neff, PhD

YOUR VALUES YOUR *direction*

Our values are our deeply held ideals that guide us and give meaning to our lives. Values reflect your uniqueness, your experiences, your aspirations, your purpose, creative pursuits and your wisdom.

Values are both cause and effect. We react and behave in ways due to our values, and we form values based on what we have learned or experienced. Values create who you are, and who you are creates your values.

Values tend to have an element of choice. Whereas needs tend to have survival associated with them (oxygen, water, food, connection).

There's also a difference between goals and values. Identifying your values can help you realize what you wholeheartedly need in order to feel purposeful and in-resonance with yourself, with others and with life overall.





VALUES VS GOALS

GOALS

- GOALS can be achieved
- GOALS are destinations
- GOALS are something we do
- GOALS are planned
- GOALS often involve external means

VALUES

- VALUES guide us even after goals achieved
- VALUES are directions
- VALUES are something we are
- VALUES are discovered and chosen
- VALUES come from deep within

MORE ABOUT VALUES

- VALUES help you find your purpose
- VALUES help you make decisions
- VALUES clear out clutter
- VALUES guide your needed boundaries
- VALUES help you choose the right career
- VALUES develop your sense of self

Your personal core values
define who you are.

Tony Hsieh

IDENTIFYING CORE VALUES

INSPIRATION FOCUS

As a social species, we learn a lot about our values through others. As we go through life, other people impact us. Sometimes others disappoint us, sometimes they inspire us. Take a few moments to navigate how you have been inspired by others.


List five people you admire and the traits they have you think are valuable. Could be people you know personally like a family member or friend, or in some other way... a historical figure, famous person, etc.



List what you think are the top six most important traits from what you described above.

Identify the most memorable moments you have of someone offering you valuable advice or wisdom. It could've been from a family member, friend, teacher, coach, counselor or a total stranger. Describe at least one of these moments. What was said? What happened? How has it impacted your life? If you can, think of and describe other moments you received valuable advice.

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**Values are like lighthouses -
signals giving us direction,
meaning and purpose.**

IDENTIFYING CORE VALUES

FRIENDS AND FAMILY

Realize what your friends value about you and what you value about them.


Think of a cherished friend. What do you value most about him or her?

Do your friends or family tend to disappoint you in some areas? Describe how you get let-down.

What values do you wish all of your friends had so they wouldn't disappoint you?

What do your friends seem to value most about you? What does your best friend value about you?

Is there anything about yourself you value that your friends, family, coworkers don't appear to see?



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

Roy Disney


IDENTIFYING CORE VALUES FUTURE FOCUS

Imagine five years from now, you're enjoying a lovely day, fresh air and subtle breeze. All is right in this moment. You feel a deep sense of satisfaction, joy and contentment. Life hasn't always been easy, however over the last 5 years you've lived in alignment with your values and accomplished exactly what you've wanted. You feel wonderful about yourself and your life.

Imagine the core values and morals you have lived by that allowed for this bliss, satisfaction and fulfillment to unfold?

What have you prioritized? Who have you prioritized? What have you prioritized on a daily basis?

What goals have you accomplished? What does your life look like?



If you adjust your level of perception you will discover the seeds of serenity within the seeming chaos that surrounds us.

Peter Patrick Berreda

If you could control how other people see you and what they think about you, what would you want them to see? What would you want them to think? What would you want them to value about you?

List the people that you care about the most in terms of how they view you? How do you want these people to see you? What do you want them to truly know, understand, value or be proud of?

Who's opinion of you do you care about the most? They may be alive or passed, or a spiritual figure.

How do you want this person to see you? What do you want them to love and value about you?

If you're in a place in life where you do not care about how anyone sees you, this is okay and empowering in it's own way. From this clean slate, imagine what you WANT to prioritize. How do you want to see yourself? Envision what you WANT to value, in travels, in experiences, in life overall.

PUTTING IT ALL TOGETHER

MY CORE VALUES

Use what you discovered above to list your overall values. Also see if you discover more. Free-write and allow your values to unfold naturally.

HOW I WANT TO BE SEEN AND WHAT I WANT TO BE VALUED FOR

How I want to be known, how I want to treat others, like honest, kind and loyal.

MY SUCCINCT LIST OF VALUES. THESE WEAVE INTO WHO I AM AND DESIRE TO BE. Add to this list, over time, as you learn more about your personal values.

OVERALL VALUES

Everything from freedom and family, to improvement, work, music and interests.

ALIGNING WITH VALUES

What values do you feel connected with and living in alignment with the most?

How can you continue to keep this up, continue to have value-awareness, and live in this wholehearted way?

Which values to you feel you are not living in accord with?

Identify external obstacles to living in alignment with these values (not having enough money, single, too busy, etc.).

Identify possible internal obstacles, such as afraid of failure, maladaptive protective strategies (Inner Critic and other protector parts), self-sabotaging, poor time management, exhaustion, resistance, refusal to accept, lack of skills, etc.

Are there creative solutions to obstacles that are external - ways you can live by your values that you haven't thought of before? Ideas include: exploring careers, places to live, hobbies, interests, long-term planning for big changes, connecting with people that are aligned with your values, more self-care and prioritizing your day and time better.



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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org