

# VALUES EXPLORATION

Start by scanning the list and crossing off any values that don't immediately resonate. If something feels neutral, let it go. Keep narrowing until you reach your top 5 and make note of them for the next activity. Eliminating a value doesn't mean it isn't important or admirable, it's just not the highest priority in this season of your life.

Choose what you are pulled towards, rather than what you *should* choose 🌟

Acceptance	Equality	Inner Harmony	Safety & Security
Adventure	Excellence	Inspiration	Self-Respect
Ambition	Fairness	Integrity	Sensuality
Authenticity	Faith	Justice	Service
Autonomy	Family	Leadership	Solitude
Awareness	Financial Stability	Learning	Spirituality
Balance	Freedom	Love	Stability
Beauty	Friendship	Mastery	Success
Belonging	Fun	Openness	Tolerance
Challenge	Grace	Passion	Tradition
Change	Gratitude	Peace	Trust
Community	Growth	Personal Expression	Unity
Compassion	Happiness	Planning	Variety
Competence	Healing	Play	Wealth
Contribution	Health	Purpose	Wisdom
Courage	Honesty	Recognition	Add your own:
Creativity	Humor	Respect	_____
Curiosity	Imagination	Resilience	_____
Empathy	Influence	Responsibility	_____

# VALUES ASSESSMENT

Now that you've uncovered your current values (exercise 2.1), let's see how they're showing up in your day-to-day. List each of your top values and on a scale of 1-10 rate their current presence in your life. Once they are rated, sort them into their respective groups below. No judgment here, just information for your growth.

Use this as your scoring guide:

1: It's an ideal I'm aiming for, but I'm not practicing it yet or just got started

5: It's a work in progress, not yet consistent

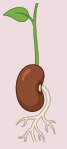
10: It's evident in almost everything I do

SCORE YOUR VALUES	RESULTS
<p><b>Value:</b></p>	<p><b>Aligned Values (8-10):</b></p>
<p>Score: 1 2 3 4 5 6 7 8 9 10</p>	<hr/> <hr/> <hr/>
<p><b>Value:</b></p>	<hr/> <hr/> <hr/>
<p>Score: 1 2 3 4 5 6 7 8 9 10</p>	
<p><b>Value:</b></p>	<p><b>Developing Values (5-7):</b></p>
<p>Score: 1 2 3 4 5 6 7 8 9 10</p>	<hr/> <hr/> <hr/>
<p><b>Value:</b></p>	<hr/> <hr/> <hr/>
<p>Score: 1 2 3 4 5 6 7 8 9 10</p>	
<p><b>Value:</b></p>	<p><b>Emerging Values (1-4):</b></p>
<p>Score: 1 2 3 4 5 6 7 8 9 10</p>	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>

# VALUES IN ACTION

You've explored your values and assessed how they're showing up in your life right now. Refer back to your results from exercise 2.2. This is the space to nurture growth, moving those emerging and developing values toward alignment. If you have multiple values in one category, complete a separate set of prompts for each (additional space provided in back of workbook). Use the prompts below to create action steps toward living authentically. If no values landed in a particular group, feel free to skip that section.

## Emerging Values



What is a simple step I can take this week to increase this score by one point?

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What external factors are creating a barrier for the time needed?

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When I imagine myself living at a 10 with this value, how does my body feel?

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What am I willing to say no to in order to create more space for this?

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Fill in the blanks to create a personal commitment statement.

*Example:* Because I value [emerging value], I am willing to experience [discomfort/uncertainty].

Because I value \_\_\_\_\_, I am willing to experience \_\_\_\_\_.

**Developing Values**

Where in my weekly routine am I already practicing this value? How can I intentionally create more opportunities for it to show up?




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When I notice myself pulling away from this value, what is usually happening in my external and/or internal worlds? Is there a pattern I can identify?

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What is one example I've had recently where I chose this value over an easier path? How did I feel about myself after that choice?

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What do I need from myself and/or others to feel more grounded in this value?

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Fill in the blanks to create a personal commitment statement.

*Example:* Because I value [developing value], I am willing to experience [friction/inconsistency].

Because I value \_\_\_\_\_, I am willing to experience \_\_\_\_\_.

**Aligned Values**

What does it feel like in my daily life now that this value is thriving?

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What boundaries do I have in place that allow this value to stay protected and nourished?

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How does living in alignment with this value impact my relationship with self?

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How can I continue to tend to this value so it remains a supportive part of my foundation as my life continuously changes?

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Fill in the blanks to create a personal commitment statement.

*Example:* Because I value [aligned value], I am willing to experience [the cost of protecting it].

Because I value \_\_\_\_\_, I am willing to experience \_\_\_\_\_.