

Finding Your Core Values

Workshop 4

Connecting with your Values (Writing Activity)

Our values shape our behaviours and our decision making progress, so it's important to connect and reconnect with those values when we need stability, a touch point, or centring when life starts to speed off or feel off the grid.

Individuals experience greater fulfilment when they live by their values. And when we don't honor our values, our mental, emotional, and physical state suffers.

Values aren't selected; we *discover* and *reveal* them.

Peak Experiences

Consider a meaningful moment—a peak experience that stands out.

- What was happening to you?
- What was going on?
- What values were you honouring at this time?

Suppressed Values

Now, go in the opposite direction; consider a time when you got angry, frustrated, or upset.

- What was going on? What were you feeling? Now flip those feelings around.

venture within

- What value is being suppressed?

What Values are most important to YOU?

What's most important in your life? Beyond your basic human needs, what *must* you have in your life to experience fulfilment?

Come up with 5 – 10 values.

- Creative self-expression? A strong level of health and vitality? A sense of excitement and adventure? Surrounded by beauty? Always learning?
- What are the personal values you must honour or a part of you withers?

Chunk Your Values into Related Groups

- Values like accountability, responsibility, and timeliness are all related.
- Values like learning, growth, and development relate to each other.
- Connection, belonging, and intimacy are related too. Group them together
- Values such as honesty, integrity, etc

Choose one word to represent the theme of that value group.

Select the strongest, most important values to you:

- What values are *essential* to your life?
- What values represent your *primary way of being*?
- What values are essential to supporting your inner self?

Give the Values Context

Highlighting values into memorable phrases or sentences helps you articulate the meaning behind each value:

For Example:

“Health: to live with full vitality and energy every day.”

“Calmer: to remember good things I have going for me at the start of each day”

“Family: to enjoy moments spent with loved ones by being present and making plans”

Make your value statements meaningful to you so they inspire you to uphold them.

Rank them in the order of importance.

- - - > Now that our values and principles are made clear, we can move on to seeing how they come into play in our decision making and personal patterns of behaviour.

This week's task:

Pay attention to your values, and how your actions each day play out based on choices you make to honor your values, or what happens and how you feel when they are not.

Aim to journal every evening for just a few minutes and review the day you had.

Of the above values you identified, which ones came into play each day?
What was the situation and how did you feel?

If a value wasn't honored, write what you would do differently so that you can avoid feeling misaligned with the things that are important to you.