



Congratulations on taking the first step towards living a values driven life! This guide was created to help you:

- **Identify** the values in your heart and what is meaningful to you.
- **Find clarity** around what your values mean to you.
- **Create awareness** of how you can use your values to live a life that aligns with your values.

Your personal values are the things that *matter most* in your life. When you create awareness of your values, they can act as your guideposts when navigating decisions in life. Your values give you an internal permission slip to say yes or no to things. Individuals who intentionally live in alignment with their values feel a sense of balance, control and more satisfaction.

Start by taking some time for reflection. Consider the following questions:

- What would make you feel happy or successful in life?
- What situations or experiences in your life have left you feeling frustrated or dissatisfied? These could give you clues as to when you weren't acting in alignment with your values.
- What are the qualities you admire in others? Oftentimes the things you admire are things you value.
- What do you consider to be most important in your life?



Step 1:

IDENTIFYING YOUR VALUES

Select the following values/behaviors that most reflect who you are and who you want to be. There may be values you come up with that aren't shown on this list. If so, write them in the blank spaces provided.

Keep in mind, this list is for you. There are no right or wrong selections. The key is to be true to what you want for your life. Not what you think you 'should' want. Not who you think you 'should' be or what someone else might want for you.

- | | | |
|---|--------------------------------------|---|
| <input type="checkbox"/> Abundance | <input type="checkbox"/> Freedom | <input type="checkbox"/> Personal Growth |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Friendship | <input type="checkbox"/> Partnership |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Fulfillment | <input type="checkbox"/> Physical Appearance |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Fun | <input type="checkbox"/> Power |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Generosity | <input type="checkbox"/> Privacy |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Living | <input type="checkbox"/> Professionalism |
| <input type="checkbox"/> Clarity | <input type="checkbox"/> Honesty | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Humor | <input type="checkbox"/> Reliable/Responsible |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Independent | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Community | <input type="checkbox"/> Influence | <input type="checkbox"/> Risk-Taking |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Integrity | <input type="checkbox"/> Security/Stability |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Intimacy | <input type="checkbox"/> Self-Care |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Joy | <input type="checkbox"/> Self-Expression |
| <input type="checkbox"/> Health | <input type="checkbox"/> Leadership | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Nature | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Family | <input type="checkbox"/> Openness | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Orderliness | <input type="checkbox"/> _____ |



Step 2:

SELECTING YOUR TOP VALUES

Next take the list of values you selected and narrow it down to your top values. While it might be difficult at first to choose, take this opportunity to get clear on what really matters to you, not to someone else in your life.

As you begin to narrow down the list, ask yourself these questions:

- What represents your inner self?
- Is the value coming from a place of love or fear? Does it bring you joy and fulfillment or is it something you feel you 'should' live by?
- How do these values make you feel? *If you feel good, you're on the right track!*
- Would you feel proud to share your values with the people in your life that you admire and respect?



Once you've narrowed your list, write your top 4-6 values in the space below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Step 3:

DEFINING YOUR VALUES

How would you describe the values you selected to someone? Taking the time to define your top values will help you get clear on why they are important to you. It also challenges you to think about what it looks like to live out your top values in your everyday life.

Here are 2 examples of value definitions based on 2 of my top values:

- *Connection*: Building and investing in others through authentic, real relationships. Intentionally making time for the people who matter in my life.
- *Personal Growth*: Investing my time and energy towards becoming the best version of myself. Continuing to learn, improve my skills and grow to my full potential.

In the space below write a definition of your top values.

Value #1: _____

Definition: _____

Value #2: _____

Definition: _____

Value #3: _____

Definition: _____

Value #4: _____

Definition: _____

Value #5: _____

Definition: _____



Step 4:

LIVING YOUR VALUES

Your values show up in how you live your life. They should influence your decision making and motivate you to act on your goals.

Now that you've defined your values - Put them to work. Use them as your guide when you're faced with decisions in your life. As you're evaluating your choices, ask yourself this question: "Is this in alignment with my values?" This will help you determine the best course of action based on what you value most and what will bring you satisfaction.

When you live in alignment with your values, you'll feel more confident, happy and satisfied as you intentionally pursue a life you're proud of.

About Crystalynn Godek

Crystalynn is a certified coach and the founder of **Heart Over Head Coaching**. She works with busy moms to create balance, communicate their needs, and establish an identity outside of motherhood.

By creating emotional awareness and defining their personal values, her clients find the courage to put themselves on and at the top of their to-do list. The results are an increased confidence in themselves and deeper connection with others.

You can contact Crystalynn at crystalynn@hohcoaching.com to learn more about coaching.



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