

INSPIRE *beyond* BELIEF

WORKBOOK

---

# Values Bundle



## VALUES BUNDLE

Have you ever had that niggly feeling when you know something just isn't right, yet you struggle to pinpoint exactly what it is?! Well the answer could lie in the fact that you are out of alignment with your values.

For several weeks recently, I noticed I felt 'out of whack' and was struggling to find motivation. It was during the recording of this Bundle that I had an 'ah ha' moment and realised why this was. Since the holidays, I had allowed my positive daily habits to slip. I was no longer exercising regularly, nor was I keeping up with my good daily eating habits. As you probably know by now, self-care and having that all-important 'Gold Time' is hugely important to me. Why? Because it means I get to do the things I love and want to do, which is key to maintaining balance and avoiding burn out.

As Sandra and I talked, I realised that I needed to set clearer boundaries in order to ensure my 'Gold Time' happened. By doing so, it meant I would return to living in alignment with my one of my core values.

Knowing what our values are is like having a life compass to guide us and keep us on track. However, in this case I wasn't honouring those values, so had effectively dropped the compass and wandered off course. **Being in alignment guides us in the direction of our goals and enables us to create the life we want.**

***"When you live in line with your values, you increase your happiness, peace of mind, creativity, and flow"***

Sandra Ng is our Bundle expert and the Positive Mindset Coach. Over the past 18 years, through her values-based approach, she has enabled countless people to thrive and flourish. Inside this Bundle you are going to learn exactly **what** values are, **why** we need them in our lives and **how** to identify your own personal core values.

Not only did I have a couple of 'ah ha' moments during our recording of the Bundle, but I was taken back to a powerful memory from four years ago. At the time I had a very strong feeling of dissatisfaction- that I was made for more, but I just didn't understand what that meant. I enjoyed my jobs at the time, however, I wasn't feeling fulfilled. I knew that I wanted a job that would allow me to work anywhere in the world, as traveling was important to me (another key value), and I daydreamed of owning an online business. But I had no idea what it would be! Little did I know that, only a few months later, walking along the Whangamata beach, I would have a 'business epiphany'! I needed to grow my passion! What was I passionate about? - Personal development, positive mindset, goal setting, helping people to realise their dreams and reach their true potential, leaving fear in the dust and grabbing life and living it to its fullest! I had grown and evolved so much and, as a result of all the learnings, I knew a lot! I wanted to be able to share this knowledge with others. That was the day the seed for Inspire Beyond Belief was planted!

I now know that my previous jobs were not fully aligned with my values. The Kombi weddings and the Bed & Breakfast were taking me away from my family (my biggest value), hence I felt dissatisfied. IBB is 100% completely and totally aligned with my values and the passion shows freely and easily.



## VALUES BUNDLE

I am excited for you to work through this Bundle and, once you have identified your own, personal core values, I would love for you to share them with us inside the IBB Members group.

Grab a cuppa, get stuck in and enjoy!

Lin ♡ xx

### WHAT ARE VALUES?

Our values are principles that we live by. They give us purpose and meaning. They are core beliefs that help guide both our decision making and our behaviours. When we are living in alignment with these values, we feel comfortable and happy, like things are 'in flow'. It can sometimes be tricky to identify when we are not in line with those values but, we may be feeling a mix of negative emotions, such as anger and sadness or we may just feel frustrated and uncomfortable and not know why. These feelings can cause confusion and anxiety, because we know *something* is wrong but we can't put our finger on *what*.

One common problem I see is people living their lives based on someone else's values. This can cause conflict and can often leave that person feeling lost and unsure of their direction in life.

By identifying our own values and living by these each day, we are able to live in alignment... **and this is where the magic happens!** We become far happier and more content with life.

Knowing what our values are is important as it gives us a solid foundation to work from. So that, when times get tough, our values become our internal navigation system and help direct us to what feels right. Likewise, if we have an important decision to make, our beliefs guide us, naturally, towards making the right choice. For example, if *honesty* is one of your core values and you are being asked to do something that you feel is dishonest, then saying no is important. Why? Because when the choices we make are in sync with our values we feel satisfied, motivated and happy.

***"Knowing your values allows you to be authentically you and with confidence"***



### IDENTIFY YOUR VALUES

It is helpful to reflect back on our past as it shines the light on what our values might be. By thinking back to both the best, and the most painful moments of our lives, we can identify the things we care about the most.

Please take your time as you answer the following questions.

**Have there been situations where you felt real and authentically you?**

If so, what were you doing?

Who were you with?

Why did you feel content and comfortable?

What lasting emotions or outcomes can you remember from this experience?

## VALUES BUNDLE

Let's now think about some moments in your life when were you really flourishing, happy and full of joy. Times when you felt fulfilled, completely in the 'zone', motivated or inspired. They may have been times when you didn't have a care in the world and nothing at all bothered you.

Jot down some ideas that come to mind:

Now, from these, pick your most significant moment, what were you doing?

Who were you with?

What were you thinking?

How did you feel?



## VALUES BUNDLE

Why were you so happy about it?

Perhaps you felt really passionate about something, if so, what and why?

**Now think of a time in your life when you felt the opposite, you felt unfulfilled. Was it something from your childhood, your relationships or work?**

Have you had situations that felt wrong in some way? If so, what was going on?

What were you doing?

Who were you with?

How did you feel, what feelings were triggered?



## VALUES BUNDLE

Did this experience cost you emotionally or physically, if so, how?

The chances are, these decisions were going against your values. Can you work out what values these might be?

**Now think about the things that are important to you or that you are passionate about and use them to finish these sentences:**

These things are important to me...

They are important to me because...

I am passionate about these things because...

What makes me jump out of bed each day?!

Do I feel like there is something missing in my life? If so, what is it?



## VALUES BUNDLE

Where else can I get it from? For example, if you value connection, yet you work from home, how can you get more connection?

What needs to change?

What can I do more of or less of?

To better understand what you value, it can be helpful to think about others and what qualities they have that you admire. So, let's take a look at the people in your life. Think of some positive role models who inspire you, or people you know who are living their life with purpose. This may be someone you know personally such as a coach, a mentor, friend, family member, or it could be someone famous or perhaps a character you admire in a book or movie.

Think of 3 people you most admire or love, who are they?

Person 1

Person 2

Person 3

What is it about them that inspires you?

Person 1

Person 2

Person 3

Can you identify what some of their core values might be? For example, for me, my answer might read; *my Nana was all about family and connection, bringing people together. She also valued simplicity, playing board games, living from her vegie garden, non-materialistic items, just the basics.*





## VALUES BUNDLE

What admirable *qualities* do they possess?

Person 1

Person 2

Person 3

What are some of their behaviours and actions you would like to emulate?

Person 1

Person 2

Person 3

What do they stand for?

Person 1

Person 2

Person 3

What are their values?

Person 1

Person 2

Person 3



## VALUES BUNDLE

Often our core values reveal themselves through our actions. Think of a situation when you took a stand for someone or something?

Where were you?

How old were you?

How did it make you feel?

Why is the belief so strong for you?

What inspired you to take action?

Why did the feelings motivated you to speak up or act in such a way?

What are you willing to risk to voice this to others?

From what you have learnt above, have a go at writing a list of what you think might be some of your values. Take your time here.



### PRIORITISE AND IDENTIFY YOUR CORE VALUES

Now that you have a list of ideas, it is important to identify your **core** values amongst them. These are the ones that feel really good, that feel right and that are in alignment with your life goals. But let's be realistic, it is not always possible to live close to our values 100% of the time. Sometimes, we come across situations or certain people where we have to compromise our values or fight to stick by them. Making those big choices usually hinges on one main thing; knowing what we value the most.

Another important thing to be mindful of is that time and circumstances can change things, so it is important to know that our values can change over time.

**Let's identify your core values:**

Don't overthink this task, just go with your gut instinct, your intuition!

From your list on the previous page, select 5-8 core values that feel right. Jot them down here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Now that you have identified your core values, it is important to understand the meaning behind each value and why it's so important to you, what does it stand for and how will you live by it.

Here are examples of my own personal values. I have gone into detail so you can see and understand:

#### 1. Family

- Having one on one time with my family members
- Prioritising date nights and weekends away to keep our marriage fun and strong
- Role modelling to Seb and Zoe
- Being a good Mum; listening, showing empathy, kindness and support. Communication
- Being able to provide financially for my family

## VALUES BUNDLE

### 2. Travel

- Experiencing new things
- Seeking new adventures
- Meeting new people and learning about different cultures
- Studying accents (which I love!)
- Getting my adrenaline going by traveling and stepping out my comfort zone
- Flexibility. Freedom. Fulfillment and Joy!

### 3. Honesty

- Speaking my truth, to myself and to others
- Valuing communication and speaking honestly and openly to Seb, Zoe and Lee
- Remaining true to my intentions and beliefs and not allowing others to influence me
- Telling people the truth to enable them to step outside their own comfort zone

### 4. Trust

- Trusting in my intuition
- Trusting that my dreams will come to fruition
- Establishing friendships based on trust
- Treating people with respect, listening and non-judgmental
- Collaborating with experts and crediting their knowledge

### 5. Following my Passion

- Intuitively following my passion and taking action on what feels right
- Supporting Seb and Zoe to following their passions by providing emotional or financial support so they can gain experiences, opportunities and their own personal success
- Retire Lee from his painting job so he can follow his passion!
- Pursuing ONLY things that feel right (this keeps my energy balanced)

### 6. Respect

- Being kind to others, never assuming anything
- Being non-judgmental, treating others with respect and kindness
- Standing up to bitchiness, backstabbing and put downs
- Being respectful of others' opinions and differences
- Taking the time to listen to what others say

### 7. Learning

- Value personal growth
- Knowing that learning gives me confidence
- Learning new things that interest me
- Growing my awareness
- Learning and sharing and modelling with others so they benefit too

### 8. A Balanced Lifestyle

- Prioritising Gold Time which allows me to reset, recharge and stay focused (avoid burnout)
- Doing things just for FUN to take my mind off work!
- Setting boundaries, based on family first rule
- Taking regular exercise and eating well
- Being flexible
- Knowing when it's okay to compromise
- Keeping my energy and vibe high



## VALUES BUNDLE

Write your core values below, include at least 4 points for each value including what it stands for, what action you will take or are willing to take to honour that value.

My Core Values:	How I Honour these Values:



### ARE YOU IN CONFLICT WITH YOUR VALUES?

Our actions reflect our values and sometimes we end up in conflict! Take for example, my role as a 'Motivational Mentor.' If I was struggling to get out of bed in the mornings and not taking consistent action towards my goals, I would be completely out of alignment! Why?! Because 'Honesty' and 'Following my Passion' are two of my core values. If I am role modelling to others that they too can achieve their goals by embarking on good positive daily habits, yet I am not doing these myself, then I am a hypocrite, and I am living completely out of alignment with my values.

I'll be honest and admit that I have, of course, had days where I have struggled to get out of bed, however it is because of my deep core beliefs that I have been able to get myself back on track. That's the power of knowing your values. That's when you know you are living in alignment with them! For me, it is also a reconfirmation that what I am doing is my absolute passion! And the times that I have struggled to get out of bed have been a result of working too much and not maintaining a balanced lifestyle (another core value)!

By now you begin to understand how saying one thing yet doing another can mean you are 'in conflict' with your values.

Quite often we seek other people's approval for ourselves and our actions and find ourselves doing or saying things, just to please them. Once again, this is not honouring our values, this is simply people pleasing, which will ultimately leave us with a mix of feelings, such as anger, frustration and sadness. Why?! Because, we are living on *their* terms, not ours.

So, remember this; You are in complete alignment when you are taking action on the very things **you want in your life**.

Would you say you are a people pleaser?

If so, what do you need to do to change this?

Was there a time in your life when you felt burnt out?

If so, think about your values and what you were doing that didn't align.



## VALUES BUNDLE

Are there any situations where you feel a value is being compromised or where you feel conflicted at all?

What can you do to change this?

## ARE YOU LIVING IN ALIGNMENT WITH YOUR VALUES?

For this task, you are going to write down every single thing you did yesterday, from the moment you woke, until bed last night!

Then, with your values in mind, go through and right your core value next to each task. Be totally honest as this will help identify if and where you are honouring your values.

Time	Task (what I was doing with my time)	Was this in line with my values?

This task is an eye-opener and a great reminder of the choices we make and how important it is to know our values, so we can live our lives with purpose and meaning.



## VALUES BUNDLE

### A FINAL NOTE FROM LIN...

I identified my core values several years back and it was hugely impactful on my growth and personal development. Interestingly, the first thing I did was google 'values', which gave me a whole bunch of words to choose from. Whilst this was helpful, it was not necessarily the best way! By answering the questions in this Bundle, you are able to dig much deeper and by doing so, the stories you uncover, will help identify your true meaning and your true core values. So be proud of your hard work and just in case you need a 'bunch of words', here are some below, lol!

I hope this Bundle has brought you some clarity and insight and I would love to see you share some of your values with us over in the IBB Members Club. See you over there!

Lin 

### Examples of Values

Family	Knowledge	Independence	Nature	Role modelling
Learning	Intuition	Personal Responsibility	Accomplishment	Growth
Brave	Freedom	Patience	Change	Dependable
Impact	Security	Calm	Success	Commitment
Generosity	Respect	Invention	Work smarter	Motivation
Religion	Love	Forgiveness	Fun	Integrity
Connection	Security	Loyalty	Success	Order
Freedom	Intelligence	Respect	Diversity	Creativity
Joy	Change	Openness	Play	Excitement
Caring	Communication	Involvement	Faith	Learning
Wisdom	Personal Development	Honesty	Adventure	Quality
Teamwork	Entertain	Contributing	Beauty	Affection
Spiritualism	Career	Excellence	Wealth	Innovation
Cooperation	Strength	Affection	Be true	Balance
Speed	Friendships	Humour	Fitness	Wellness
Clarity	Courage	Encouragement	Compassion	Gratitude
Home	Power	Contentment	Relationships	Leadership
Justice	Finances	Entrepreneurial	Self-respect	Peace
Abundance	Happiness	Fame	Appreciation	Harmony
Positivity	Optimism	Kindness	Stability	Standards

*"True happiness & success is living by your values"*

