

## LIVING YOUR CORE VALUES

What are core values?

Core Values are the things you believe are important in the way that you live and work.

Every few years we should re-examine our Core Values.

Our Core Values help us to identify what is going well and what is NOT going well in our lives.

If your core value is family , but you are working 80 hours a week, no matter what your work IS, it won't 'feel right' to you bc the amount of time you are spending on work and NOT family.

Key Points

Your Core Values :

\*Determine your priorities

\*The measures you use to tell if your life is going right or wrong.

When your values and your life MATCH, you feel good. When you are not in alignment with your values, life feels not good. This shows up in career, relationships, financial outcomes.

Determining YOUR Values PAVES THE WAY AND makes things clearer to help you go in the direction of what is IMPORTANT to you .

Is your career/ work in alignment with Values, you will love and enjoy your work.

When your relationships fulfill your Core Values, you will enjoy them.

When your body is in alignment with your Values, you will love your body and feel healthy in it.

### **Journal**

Think back to a time in your life when you felt REALLY GOOD.

What did you really enjoy about that time. How old were you?

What was contributing to what made you feel good?What was going on around you ?

Who were your friends, coworkers, friends, around you at that time?

What needs were fulfilled for you— Financially, emotionally, physically, mentally, intellectually, etc.. ?

Did your life have a sense of meaning and / or purpose? What was it?

What other factors contributed to your happiness at that time?

List here. Any other internal dialogue or thoughts coming up for you ? Journal here.

Scan CORE VALUES Print out sheet and circle what values at that time ,were being in alignment? Don't choose more than 10.

In your personal life, using the Core Values list, what core values are important to you TODAY?  
(Choose no more than 10)

In your Career area of your life, what core values are important to you TODAY?  
(Choose no more than 10)

FEEL your way through this. Notice if you have Values the you THINK you should VALUE, but you own't FEEL truly connected to. Be sure to not write what you 'should' value.

How many of your core values are ACTUALLY happening and NOT happening in your life right now? What are they ? What areas of your life are they in alignment and not in alignment?

Is there anything you can or need to do to bring this part back into alignment?

Look through your lists and establish your Top 5 Core Values to focus on for the next few weeks . Notice what may be an outdated Core Value and change it to what is more authentic to yourself.

Very often our Core Beliefs are tied to our Upbringing. We think we need to place the same importance that our families of origin taught us to have. However, more so than not, we don't find the same values or importance in what we were taught. We try to convince ourselves it is important which throws our own Authentic values out of whack.

What Core Values are NOT important to you that was/were important in your upbringing?

\*Reminder.\*

You never need to JUSTIFY your values. They just ARE. Allow them to JUST BE .  
If you feel yourself justifying why you feel importance in one area versus another, note that here.

Note any 'aha' moments you have had from this workshop?