



"When we are not living in alignment with our core values, we suffer."

~ Kristin Neff, PhD

LIVING DEEPLY: VALUES

IDENTIFYING CORE VALUES CAN GUIDE YOU TO GIVE YOURSELF WHAT YOU REALLY NEED AND CHERISH

Our values are our deeply held ideals that guide us and give meaning to our lives. Needs and values reflect your uniqueness, your experiences, your aspirations, purpose, creative pursuits and wisdom. Identifying your values can help you realize what you wholeheartedly need in order to feel purposeful and in-resonance with yourself, other and life overall. Values tend to have an element of choice. Whereas needs tend to have survival associated with them (oxygen, water, food, connection). **There's also a difference between goals and values.**

GOALS can be achieved

GOALS are destinations

GOALS are something we *do*

GOALS are planned

GOALS often come from external means

VALUES guide us even after we achieve our goals

VALUES are directions

VALUES are something we *are*

VALUES are discovered

VALUES come from deep within

DISCOVERING YOUR VALUES

Imagine five years from now, you're enjoying a lovely day, partly sunny, fresh air, and subtle breeze. All is right with the world in this moment. You feel a deep sense of satisfaction, joy and contentment. Life hasn't always been easy, however over the last 5 years you've lived in alignment with your values and it feels peaceful and joyful.

Describe the core values you may have lived by that gave you this bliss and satisfaction?

List three people you admire and the traits they have you think are important.







Succinctly, list the traits these people have that you admire

Think of a cherished friend. What do you value most about him/her?

What do your friends seem to value most about you? What does your closest friend value about you?

Is there anything about yourself you value that your friends don't appear to see?

Using the above, list 10 values you hold dear and close to your heart. These weave into who you are and desire to be.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

SPECIFYING YOUR VALUES

RELATIONAL VALUES: how we want to be treated and how we treat others, such as honesty, kindness, and loyalty

Use the list above and also see if you discover more. Free-write and allow your values to unfold naturally.

PERSONAL VALUES: can include anything from valuing freedom and family, to self-improvement, work and music
Specific and list as many of your Personal Values as possible. Free-write and allow your values to unfold naturally.

Select the most important one or two values that you are **not** living in accord with - describe in more detail as needed.

Identify **external obstacles** to living in alignment with these values (not having enough money, single, too busy, etc.).

Identify **internal obstacles**, such as afraid of failure, maladaptive protective strategies (Inner Critic and other protector parts), sabotaging, poor time management, exhaustion, lack of skills, etc.

Considering these obstacles, are there ways you could see how self-kindness and self-compassion could allow you to live in more alignment with your values?

Are there creative solutions to obstacles that are external - ways you can live by your values that you haven't thought of before? For example, exploring jobs that offer you more free time for camping or if you have strong family values but you continue to find yourself dating partners that do not share these values, how can you say 'no' to unideal partners?

If obstacles are insurmountable, are you able to accept this currently while providing yourself with the softness of compassion and kindness for this hardship? Are you able to forgive yourself for being in this situation and allow for lessons learned as appropriate?

What values do you feel connected with and living in alignment with the most?

How can you continue to keep this up, continue to have value-awareness, and live in this wholehearted way?