

CORE VALUES WORKBOOK



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Core Values

They have been described as

Your **guide**

Your **compass**

Your **true essence**

Who you are

Your **uniqueness**

Representation of your heart

What you **stand for**

What **matters** to you

What's **important** to you

Introduction

The beginning is the most important part of the work.
- Plato, *The Republic*

BREATHE

Are you in a rush? Most people who download this workbook are. They want to work out their core values last week. If that's you, uncovering your values, aligning with them, so you can live them will serve you well, but what's the rush?

ABOUT THIS WORKBOOK

Values: *the guide, the compass, your true essence, uniqueness, what you stand for, what matters, what's important...* the thing is, **you do already own a set**, but the ones you are living may not be exactly guiding, helping, and directing you effectively in your life, they could be doing the exact opposite

The ones you currently are aligning with and living may not be your set, but a mishmash of values, and dearly held beliefs, principles and guidelines handed down and along to you by others.

To give you some structure I've split this Workbook up into 4 distinctive sections, for ease I've called it GetREAL

1. Reflect
2. Explore
3. Align
4. Live

Hello!



I'm Dawn. I'll assume you arrived at this little workbook by visiting the website. If not, if someone sent it on to you, come over and visit some time. It's [here](#) at Living Moxie.

Living Moxie is training and coaching for the journey from fear and doubt into confidence and courage, so you can create that life, the one you really want.

See, I have this crazy idea that being who you really are and doing what you love is a happier way to live.

And sometimes, we need help to work out what all that is for us. Hence the workbook you have here. Speak to you at the end. But you can reach me [here](#), at anytime.

Introduction

We all received at birth the invitation to show up, take part fully and express who we really are. No exclusions.

GetREAL

In the section **Reflect** you will have the opportunity to explore if you are living values belonging to other people. Then, we bring it back to you, the exploring.

In **Explore** you'll begin the process of identifying what matters to you, what rules and regulations you have sworn to live by, promises you've made yourself and vows you keep. You will work through lots of questions until eventually you are creating your own set of values before you move on to Align.

Once you've reflected back to explore which values aren't yours, explored your own and now you have them, you don't stop there. In the section **Align** you look at where you are, and more importantly, aren't living in alignment with your core values before you move onto the final part, **Live**.

BEST USE OF THIS WORKBOOK

If you can, **please print it out & write your answers**. Writing allows you space to think, it also means you are less likely to edit. Focus on being honest and truthful, not getting it right.

PROMPTS, QUESTIONS, TO-DO's

There are many questions here, try not to skip any, they will help you when you get to the part where you choose a set of values. If need be, set it aside and come back to it.

Don't rush yourself, give yourself permission to complete – you aren't writing a shopping list.

There is also little **Journal Prompts, To-Do's** and **Links/Resources** either back at the website or on another website.

Your Notes



The Adoption

In the end that was the choice you made, and it doesn't matter how hard it was to make it. It matters that you did.

ADOPTION

Most of us live our lives following the scripts of others.

We don't question our values and where they've come from. We **adopt and foster values, beliefs, scripts and so called 'truths' belonging to others**: our parents, peers, schools, education, cultural norms, popular consensus, media, anything that has touched us in our informative years.

I don't know about you but sometimes I think I was given to the wrong set of patent at birth, even they have said on occasion, 'Are you ours?'. We have very different values (now): about life, work, relationships, careers, money, lifestyle choices, well...almost...everything.

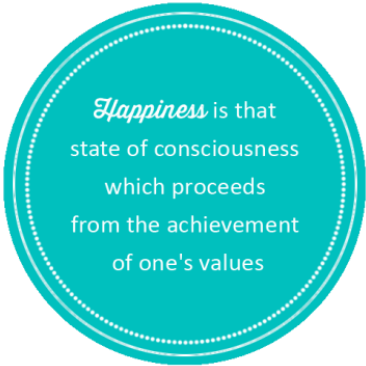
This first section is all about **reflection**, looking at your past and doing a little deconstruction. It's painless, I promise. But you will discover what led you to believe and value what you do today.

THE CHALLENGE

Identifying your core values is a challenge, but it's also inspiring and fulfilling.

They get ignored most of the time.

Sure, we work on *Goals, intentions, words of the year and vision boards* but mostly we skip the values part – which is holding everything up - and then we wonder why we are in careers that don't make sense, relationships that don't fulfil us, struggling in business to work with the people we love to work with, and a whole lot of other paths that we have no idea why we are on.



Happiness is that
state of consciousness
which proceeds
from the achievement
of one's values

Reflect

It is necessary ... to go away ... to sit on a rock ... and ask, 'Who am I, where have I been, and where am I going?'

PONDER THIS

You are not your values, but they are valuable in how you make decisions, choices and how you live your life.

You have the potential to change, therefore so do your values. Your values aren't static, you are probably very aware of the values you held 10, 15 years ago that perhaps don't matter to you (as much) today.

Today, one my core values is *integrity*, it wasn't even a word I had in vocabulary until my 20's. Integrity to me means 'walk my talk', in work it means showing up as me, not with a mask or pretending. In relationships it's about being honest with feelings. In friendships and close relationships it's about being truthful, honest and there.

But how did it get there? Did it begin with the values my parents held: fairness, honesty and empathy? Probably. I'm sure they had something to do with it.

Your Notes



THINK ABOUT THESE:

- Why do you think knowing your values will help you make better choices and decisions?
- How do you know you are making your decisions and not some else's?
- How much direction and control do you have over your life right now?
- What do you think will change if you live in alignment with your core values?
- Are you current goals in alignment with your core values?
- How does conflict play out in your life?
- What will knowing your core values assist you with?
- What will happen if you live your core values?
- What won't happen?

Reflect

The real voyage of discover consists not in seeking new landscapes but in having new eyes. – Marcel Proust

CONSIDER THIS:

You weren't born with a set of values and expectations.

Who you learned them from were those who primarily raised you (and how much influence they had on your life). You watched, you observed, you learned the norms, what was acceptable behaviour and wasn't. You learned the rules. Some times spoken, sometimes not. And usually this was in the family home.

Eventually you began to internalise them, and made them your own, maybe, but we'll get to that. As well as what was happening the home you grew up in, you also had others values, expectations and beliefs being given to you: grandparents, teachers, systems (school), peers, media –where you spent the most time and who with (usually the family home) will have been a big player in the forming (and norming) of your value system.

OR MAYBE NOT

You may have rejected values and expectations.

You could have rejected every value and expectation you were given. This isn't a workbook in 'How valuable is family life' – what you believe, is what you believe, but what were you taught does.



TO DO

1. Complete the questions on the next couple of pages. If you need to, can, want and are able to – ask people who were around growing up.

Reflect

Truth can be stated in a thousand different ways, yet each one can be true.

DECONSTRUCTION:

Looking backwards, to understand now.

Time Needed: One hour

Looking openly and honestly at your past is the first step in identifying the values that you adopted growing up. The following pages are about to take you a trip down memory lane. I have made them sentences, - not questions so just complete the sentence. On each page, there is a box that asks you, 'How do you feel?' – you may not require it, but if there is a noticeable feeling jot it down and capture it and another that says 'Ah-ha Moment' – if you get one, jot it in, they are just to help you when you get to Explore.

Language: I've used Parents to represent the people who looked after you in the home. You may have had a foster parent, grandparent or another.

What was your parents values about money?

How did you learn this?

What was your parents values about status?

How did you learn this?

Your Notes



Reflect

It's not hard to make decisions when you know what your values are.

What was your parents values about success & achievement?

How do you feel?



How did you learn this?

What was your parents values about work?

How did you learn this?

What was your parents values about education and learning?

A-ha Moment



How did you learn this?

Reflect

You have been given a gift you never have to repay. That gift is life.

What was your parents values about appearance?

How did you learn this?

What was your parents values about independence?

How did you learn this?

What was your parents values about hobbies and interest?

How did you learn this?

How do you feel?



A-ha Moment



Reflect

Live with intention. Walk to the edge...

What was your parents values about sports, hobbies, free-time?

How did you learn this?

What was your parents values about love and relationships?

How did you learn this?

What were your parents values on sexuality?

How did you learn this?

How do you feel?



A-ha Moment



Reflect

"What lies behind us and what lies before us are tiny matters compared to what lies within us"

What were your parents values on religion?

How did you learn this?

What behaviours did they not tolerate?

What values do you remember not trying to upset?

How did you learn this?

What was your parents values about hobbies and interest?

How did you learn this?

How do you feel?



A-ha Moment



Reflect

The mystery of life is not a problem to be solved but a reality to be experienced. – Art Van Der Leeuw

What was acceptable and unacceptable to them about the world, cultures, life-styles?

What do you remember the most about the environment you grew up in?

Going out the home, what was the culture like you grew up in? Is there anything you significantly remember about the values of the time, the place, the people, the rules and what was acceptable and not?

.....

STOP

Before you nip onto Explore. Take a look back at what you've written. In the notes down the side write down some key value words that are significant today. If there are any phrases, words, behaviours you remember jot them down too.

How do you feel?



A-ha Moment



Explore

My life is my message - Gandhi

EXPLORE

It's all about you.

You've done a little reflecting. Have you got down everything you want? Do you need to leave the workbook here for a bit, go and get a cuppa, and then come back? Do what's best for you.

The saying goes 'ask the right questions, and you'll get the right answers.'

So that's where you begin.

By the time you finish **Explore** you will have a 'set' of values (or a few). Complete all the questions before you start the process of creating sets.

Who has inspired you?

Why? What qualities do/did they have?

What traits and behaviours do you admire in others?

What makes you laugh?

Journal This:



*When I remain true to myself
life is...*

*I remember when I said yes
and wanted to say no...*

*The most memorable time
when I didn't feel like me was...*

Explore

Don't let the past steal your present – Cherralea Morgen

What makes you upset?

What can't you tolerate?

How do you like to be treated?

What personal boundaries are non negotiable?

To form a relationship with another, what must they know about you?

To understand you, others need to know ...

Your Notes

Journal This

My legacy.

What's in your gift that nobody else has been given?

To-Do

If you find yourself 'up against' the values of another person. Pause.

You don't have to agree with them, you don't have to accept or believe them. But allow yourself to listen

Explore

Never let your memories be greater than your dreams. – Doug Ivester

What boundaries are negotiable?

What makes you angry?

To form a relationship with another, what must they know about you?

To understand you, others need to know ...

Where have your values changed over the years? What did you once believe as true but now see differently?

Your Notes



Journal This



Change is...

*If my values guide me,
where am I going?*

I no longer believe that...

To-Do



If you find yourself 'up against' the values of another person. Pause.

You don't have to agree with them, you don't have to accept or believe them. But allow yourself to listen

Explore

Your life does not get better by chance, it gets better by change. — Jim Rohn

How would your best friends describe you?

What message do you express to the world?

Why do you get up in the morning?

What can't you live without?

What excites you? What bores you?

What vows have you made to yourself that no longer serve or make sense to you?

What laws, rules and regulations have you made in the past (in good faith) but are struggling to implement and live now?

Your Notes



Journal This



Write your own 'Invitation to Life' that you would give your 5 year old self.

What would you say to yourself?

To-Do



Include yourself. Where do you need to show up fully today, this week, this month. Visualise yourself showing up fully.

Explore

"One of the deepest longings of the human soul is to be seen."

YOUR PERFECT DAY

Who are you with?

What are you doing? What do you eat?

Where do you go?

Who's enjoying your company? Who's company are you enjoying?

What does the environment look like?

What do you achieve?

How do you feel?

What doesn't matter?

What are you saying? Who are you saying it to?

How does it start? How does it end?

Your Notes

Journal This

*I'm not looking through
new eyes when...*

To-Do

Do something today that is not
part of your normal routine.

Explore

Unfinished Poem - I would love to live like a river flows, carried by the surprise of its own unfolding. John Odonohue

YOUR VALUES

Okay, now you have deconstructed and explored. It's time to identify your own set of core values. On the last pages of the workbook are a list of value based words A- Z if you are struggling to find a word that expresses what you mean.

Points to remember: you may find you have a group of similar values. You may see Safety as the same as security and stability. For the first 20 keep them separate. You can group them later.

WRITE DOWN YOUR 20 CORE VALUES

They don't have to be in any specific order.

- | | |
|----|----|
| 1 | 11 |
| 2 | 12 |
| 3 | 13 |
| 4 | 14 |
| 5 | 15 |
| 6 | 16 |
| 7 | 17 |
| 8 | 18 |
| 9 | 19 |
| 10 | 20 |

Your Notes

Journal This

*When I don't understand
I...*

*10 things that no longer
serve me...*



Explore

Your own Self-Realization is the greatest service you can render the world.

FOLLOW THESE NEXT STEPS:

From the list of words above, reduce your list of 20 to 10. You aren't giving any 'up', you are simply expressing a deeper value.

Your reduced list:

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

Why did you choose those ten over the other?

From the list of 10, choose only 5 of the most important.

My Core Value 1:

My Core Value 2:

My Core Value 3:

My Core Value 4:

My Core Value 5:

Your Notes



Align

You're writing the story of your life one moment at a time.—Doc Childre

STEP ALONGSIDE WHAT'S IMPORTANT

And now we come to **Align**, people ask me 'How to I know I'm living my core values?' it can be answered in one I have one question, 'Are you happy?'

THE BIG QUESTIONS

The next questions in the workbook are for you to where, when, how you are living your core values today, this moment, this second.

A little word of love

If you're looking at your list of core values and thinking now, 'Ach, geez *that's why I'm so unhappy, I'm not living any of those!*'

Breathe.

And start. Start now to consider them when you are making choices and decisions. Start now to remember them when you are setting goals for yourself, Start today to make a new commitment and vow to yourself that you will start to align yourself with your values.

TO DO

Please read the poem on the left called Dear Human by Courtney A. Walsh

Dear Human,

You've got it all wrong. You didn't come here to master unconditional love. That is where you came from and where you'll return.

You came here to learn personal love. Universal love. Messy love. Sweaty love. Crazy love. Broken love. Whole love. Infused with divinity.

Lived through the grace of stumbling. Demonstrated through the beauty of...messing up. Often.

You didn't come here to be perfect. You already are. You came here to be gorgeously human. Flawed and fabulous. And then to rise again into remembering.

But unconditional love?
Stop telling that story.

Love, in truth, doesn't need ANY other adjectives. It doesn't require modifiers. It doesn't require the condition of perfection. It only asks that you show up. And do your best. That you stay present and feel fully. That you shine and fly and laugh and cry and hurt and heal and fall and get back up and play and work and live and die as YOU. It's enough. It's Plenty.

Align

Honesty is the first chapter in the book of wisdom.

What happens when that value isn't being lived?

Do you live these values daily? Are they always easy to practice?

What makes them challenging?

How can you make them easier to live by?

Do you always practice these values?

Are you fully living your core values?

Do you ever substitute or let the value slide because it is too hard to practice?

Your Values



Remind yourself
of your top 5 Core
Values here:

- 1.
- 2.
- 3.
- 4.
- 5.

Align

Your imagination is your preview of life's coming attractions. - Albert Einstein

How do you feel when that happens?

What can you change so that these values are a consistent in your life?

How can you practice these values in all areas of your life?

What would your life look like if you lived by these values consistently?

Are there any blockages you can see to living these values?

What is currently being practiced in your life that needs to be removed?

Your Values



Remind yourself
of your top 5 Core
Values here:

- 1.
- 2.
- 3.
- 4.
- 5.

Align

Within each of us, nature has provided all the pieces necessary to achieve exceptional health and wellness, then left it up to us to put them all together. - Diane McLaren

In your day to day activities do they fit with your value?

What can you do more of?

What can you do less of?

Where are you 'out of alignment' with your core values?

What needs to happen next?

What will happen if nothing changes?

Where are you 'out of alignment' with your core values?

Your Values



Remind yourself
of your top 5 Core
Values here:

- 1.
- 2.
- 3.
- 4.
- 5.

Today you are You, that is truer than true. There is no one alive who is Youer than You. - Dr. Seuss

STATEMENT OF INTENT

I intend to honour my core values by

NEW LAW

Whenever I feel I making choices and decisions that don't feel right or match my core values I realign myself by:

- 1.
- 2.
- 3.

NEW AGREEMENT

I agree to consider often and revisit my core values because

and this allows me the opportunity to

NEW PROMISE

Statement of Intent

An intention is a plan, what you intend to do in the future and how you want to feel.

New Law

We constantly are making new rules, terms, conditions and laws by which we agree to live by: make them matter.

New Agreement

Values are fixed. You aren't your values. What would revisiting them often mean t you?

New Promise

Make one. How you allow yourself to make living in alignment with your values really matter.

The End...you can put the tv on now

Walk your talk

Thank goodness, huh?

Phew, that was a doodle and scribble marathon. But look, you have a shiny set of values to show for it.

What next?

Okay – if you signed up for this wee book on the website (you gave me your email) you'll be getting soon some other bits and bobs in your inbox soon. If you didn't do that and feel like you are missing out on something, you can do that [here](#).

IF YOU ARE NOW IN THE PLACE WHERE YOU HAVEN'T GOT A CLUE HOW TO LIVE YOUR CORE VALUES:

Life, career, work, ideas, plans, business – this is what I do for a living – I drag out what's in your head, help you get clear on what it is you want and support you to create it. For that see the services page on the website.

Dawn! The session was bloody fantastic. I was so excited by the time we finished, and for the first time in ages I actually feel that all the stuff that was swirling around in my head is possible. I am filled with thanks and gratitude. I'll keep you posted about what happens next. But right now, I'm loving working the plan. – RT, Moxie Session

I don't know what you did, but I feel so much clearer. Organised. Ready? I can't find the right words. Dawn, I was feeling so stuck. All my ideas just seemed as if they were never going to happen. After our first session I felt better. More, relaxed about everything. I was so looking forward to our second (I think because we had spoken once, and you are just like me!) – thank you for those hours. Thank you for allowing me space to really think. Thank you for reading between the lines and dragging out what I really meant. The plan is action. And I know if I need help again, I'll come knocking, well, emailing. MR, Career Breakthrough Session

List of Value Words

Value Words A - D

Challenges are what make life interesting and overcoming them is what makes life meaningful.

Abundance	Balance	Composure
Acceptance	Beauty	Concentration
Accessibility	Being the best	Confidence
Accomplishment	Belonging	Conformity
Accuracy	Benevolence	Congruency
Achievement	Bliss	Connection
Acknowledgement	Boldness	Consciousness
Activeness	Bravery	Consistency
Adaptability	Brilliance	Contentment
Adoration	Buoyancy	Continuity
Adroitness	Calmness	Contribution
Adventure	Camaraderie	Control
Affection	Candour	Conviction
Affluence	Capability	Conviviality
Aggressiveness	Care	Coolness
Agility	Carefulness	Cooperation
Alertness	Celebrity	Cordiality
Altruism	Certainty	Correctness
Ambition	Challenge	Courage
Amusement	Charity	Courtesy
Anticipation	Charm	Craftiness
Appreciation	Chastity	Creativity
Approachability	Cheerfulness	Credibility
Articulacy	Clarity	Cunning
Assertiveness	Cleanliness	Curiosity
Assurance	Clear-mindedness	
Attentiveness	Cleverness	
Attractiveness	Closeness	
Audacity	Comfort	
Availability	Commitment	
Awareness	Compassion	
Awe	Completion	

Value Words D - H

“When you learn to say yes to yourself, you will be able to say no to others, with love.” - Alan Cohen

Daring	Endurance	Fortitude
Decisiveness	Energy	Frankness
Decorum	Enjoyment	Freedom
Deference	Entertainment	Friendliness
Delight	Enthusiasm	Frugality
Dependability	Excellence	Fun
Depth	Excitement	Gallantry
Desire	Exhilaration	Generosity
Determination	Expectancy	Gentility
Devotion	Expediency	Giving
Devoutness	Experience	Grace
Dexterity	Expertise	Gratitude
Dignity	Exploration	Gregariousness
Diligence	Expressiveness	Growth
Direction	Extravagance	Guidance
Directness	Extroversion	Happiness
Discipline	Exuberance	Harmony
Discovery	Fairness	Health
Discretion	Faith	Heart
Diversity	Fame	Helpfulness
Dominance	Family	Heroism
Dreaming	Fascination	Holiness
Drive	Fashion	Honesty
Duty	Fearlessness	Honour
Dynamism	Ferocity	Hopefulness
Eagerness	Fidelity	Hospitality
Economy	Fierceness	Humility
Ecstasy	Financial	Humour
Education	independence	Hygiene
Effectiveness	Firmness	
Efficiency	Fitness	
Elation	flexibility	
Elegance	Flow	
Empathy	Fluency	
Encouragement	Focus	

Value Words I - R

"When you do things from your soul, you feel a river moving in you, a joy." - Rumi

Imagination	Mastery	Potency
Impact	Maturity	Power
Impartiality	Meekness	Practicality
Independence	Mellowness	Pragmatism
Industry	Meticulousness	Precision
Ingenuity	Mindfulness	Preparedness
Inquisitiveness	Modesty	Presence
Insightfulness	Motivation	Privacy
Inspiration	Mysteriousness	Proactivity
Integrity	Neatness	Professionalism
Intelligence	Nerve	Prosperity
Intensity	Obedience	Prudence
Intimacy	Open-mindedness	Punctuality
Intrepidness	Openness	Purity
Introversion	Optimism	Realism
Intuition	Order	Reason
Intuitiveness	Organization	Reasonableness
Inventiveness	Originality	Recognition
Investing	Outlandishness	Recreation
Joy	Outrageousness	Refinement
Judiciousness	Passion	Reflection
Justice	Peace	Relaxation
Keeness	Perceptiveness	Reliability
Kindness	Perfection	Religiousness
Knowledge	Perkiness	Resilience
Leadership	Perseverance	Resolution
Learning	Persistence	Resolve
Liberation	Persuasiveness	Resourcefulness
Liberty	Philanthropy	Respect
Liveliness	Piety	Rest
Logic	Playfulness	Restraint
Longevity	Pleasantness	Reverence
Love	Pleasure	Richness
Loyalty	Poise	Rigor
Majesty	Polish	
Making a difference	Popularity	

Value Words S - Z

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." - Rumi

Sacredness
Sacrifice
Saintliness
Sanguinity
Satisfaction
Security
Self-control
Selflessness
Self-reliance
Sensitivity
Sensuality
Serenity
Service
Sexuality
Sharing
Shrewdness
Significance
Silence
Silliness
Simplicity
Sincerity

Skilfulness
Solidarity
Solitude
Soundness
Speed
Spirit
Spirituality
Spontaneity
Spunk
Stability
Stealth
Stillness
Strength
Structure
Success
Support
Supremacy
Surprise
Sympathy
Synergy
Teamwork

Temperance
Thankfulness
Thoroughness
Thoughtfulness
Thrift
Tidiness
Timeliness
Traditionalism
Tranquillity
Transcendence
Trust
Trustworthiness
Truth
Understanding
Unflappability
Uniqueness
Unity
Usefulness
Utility
Valour