

ABSOLUTE MIND+BODY

**CORE VALUES
DISCOVERY**



WHAT ARE CORE VALUES?

Core values are the fundamental beliefs that make you, you. They are the internal code that guide your thoughts, your emotions, the decisions you make, and ultimately the actions you take.

WHY ARE CORE VALUES SO IMPORTANT?

Living in alignment to our core values is the gateway to a life of joy, happiness, success, and fulfilment.

When we behave in line with our core values - we feel strong, confident and connected to our authentic self. This is a powerful state to live & work from. We make better decisions, we live more intentionally, and we create better outcomes for our lives.

It is the state where things start to happen for us; when we are living in alignment with our core values we attract good things into our life - we meet the people we were supposed to meet, we do the work we were supposed to do, we live the life we were supposed to live.

On the flip side, when we are out of alignment, something just doesn't feel right; it is difficult to put our finger on. But when our behaviour is out of sync with our core values we know about it. (We have all had that feeling of 'this just doesn't feel right')

HOW TO GET THE MOST OUT OF THIS EBOOK?

Block out 3 hours from your diary, and do this properly. Go through every question, read it carefully, and most importantly be brutally honest with how you answer each one. There is no right or wrong answers, so write down what you truly believe.

Don't rush it. The time you spend on this is invaluable - this is a journey of self- discovery. Take your time, and enjoy the process.

If you need to break this up over 2-3 days that is also a good option, as it will give you more time to really reflect and think about your answers.

I have broken this ebook down into 4 sections:

Reflection

A look back at how your life has shaped you, and influenced what you value/believe to be true. Spend time on this, it is a really important part of the process.

Explore

Exploring your core values as an adult - what you believe / what you stand for.

Refine & Align

Refining your core values, and figuring out how to align your life to what is most important to you.

Living

This is your commitment to living in alignment with your core values. You will set clear actions/ daily habits to align to your core values.



EXERCISE 1:

The first thing I want you to do is to think about your life in decades

- **0-10 year old**
- **10-20 years old**
- **20-30 years old**
- **30-40 years old**
- **40+**

Think about the key influences (people and events) in your life during these times. This will be different for everyone, but I am going to give you some ideas below.

Important:

think about the good, the bad, and the ugly.

We are all a sum of our experiences - everything we have experienced has shaped the person we are today, so spend some time thinking about the people that have been in your life - even if they were around for just a short time. If you remember them they have influenced you.

The people that have influenced you the most, typically fall into 3 categories - the people we have spent the most time with, the people we aspire to be like, the people we have decided we never want to be like - bear this in mind as you go through this exercise.

Often the bad role models have shaped us more than we think - they can be powerful in understanding why we are the way we are.

TO DO:

For each time period in your life, I want you to list the people that you remember. Use the bullet points below as a prompt. Create an exhaustive list - even if you didn't have much of a relationship with this person, or like them very much - still write their name down.

- **Parents / primary care-giver**
- **Extended family**
grandparents, cousins, aunties, uncles
- **School teachers, other kids**
ones you liked and didn't like
- **Friends**
school, neighbourhood, sports/social clubs
- **University / college friends**
- **People you met in other countries**
Other towns and cities you have lived in
- **Girlfriends / Boyfriends**
in early years, but also as an adult.
- **Friends**
from each period of your life
- **Work colleagues / bosses**
- **Other social circles**
sports teams, clubs, gym
- **Role models**
people you looked up to; aspired to be like.
- **Anti-role models**
teachers of how 'not to be' - people you knew you never wanted to be like.

Place the names of the people that come up in the table below, and next to each one I want you to write:

- **Why do you remember them?**
- **What qualities did you like in them?**
- **What traits did you not like in them?**
- **How have they influenced you?**

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EXPLORE





EXERCISE 2:

In this section, we are going to explore how the key people in your life have influenced your values. I will give you a clue, it is very likely they have; sometimes in a really positive way and other times, less so.

The thing to remember here is we are trying to understand your values, as an adult - not necessarily the values you have inherited from your parents or people you grew up around. Reflect on each question, and try and be as honest as possible with your answers.

1. What are your values around work? How have they been influenced by the people above?

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2. What are your values around success & achievement? How have they been influenced by the people above?

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3. What are your values around money? How have they been influenced by the people above?

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4. What are your values around education & learning? How have they been influenced by the people above?

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5. What are your values around appearance? How have they been influenced by the people above?

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6. What are your values around independence? How have they been influenced by the people above?

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7. What are your values around sports, hobbies, non-work interests? How have they been influenced by the people above?

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8. What are your values around free-time? How have they been influenced by the people above?

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9. What are your values around love & relationships? How have they been influenced by the people above?

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10. What are your values around sex & sexuality? How have they been influenced by the people above?

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11. What are your values around religion / spirituality? How have they been influenced by the people above?

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12. What behaviours did your parents (or primary caregiver) not tolerate in you, or others?

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13. Favourite memory from childhood? Worst memory from childhood?

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14. Favourite memory from school? Worst memory from school?

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15. Who has inspired you? What qualities do / did they have?

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16. What traits and behaviours do you admire in others?

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17. What makes you laugh?

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18. What makes you sad?

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19. What makes you angry?

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20. What can't you tolerate?

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21. How do you like to be treated?

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22. What personal boundaries are non-negotiable for you?

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

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

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25. How would your best friends describe you?

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26. Why do you get up in the morning?

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27. What can't you live without?

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28. What excites you?

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29. What bores you?

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30. Imagine the last week of your life. How do you want the world to remember you? What relationships do you have? What have you achieved? What does your life look like? How would you spend your last week?

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YOUR CORE VALUES

Before we go onto the next section, I want you to list 5 core values you are deeply connected to.

Try not to look at the list below before you attempt this. You can look at it later.

1.
2.
3.
4.
5.

Once you have written down 5 core values, please take a look at the list below. We are going to refine our list of core values in the next section.





LIST OF CORE VALUES

- | | | |
|-------------------------|------------------------|--------------------|
| Acceptance | Common sense | Discovery Drive |
| Accomplishment | Communication | Effectiveness |
| Accountability | Community | Efficiency |
| Accuracy Achievement | Compassion | Empathy |
| Adaptability Alertness | Competence | Empower |
| Altruism Ambition | Concentration | Endurance |
| Amusement | Confidence | Energy |
| Assertiveness Attentive | Connection | Enjoyment |
| Awareness Balance | Consciousness | Enthusiasm |
| Beauty | Consistency | Equality Ethical |
| Boldness | Contentment | Excellence |
| Bravery | Contribution Control | Exploration |
| Brilliance | Conviction | Expressive |
| Calm | Cooperation Courage | Fairness Family |
| Candor | Courtesy Creation | Famous Fearless |
| Capable | Creativity Credibility | Feelings |
| Careful | Curiosity Decisive | Ferocious Fidelity |
| Certainty Challenge | Decisiveness | Focus Foresight |
| Charity Cleanliness | Dedication | Fortitude |
| Clear | Dependability | Freedom |
| Clever | Determination | Friendship Fun |
| Comfort Commitment | Development | Generosity |
| | Devotion | Genius |
| | Dignity Discipline | |



LIST OF CORE VALUES

Goodness Grace
Gratitude
Greatness Growth
Happiness Hard
work Harmony
Health
Honesty
Honor
Hope
Humility
Imagination
Improvement
Independence
Individuality
Innovation
Inquisitive Insightful
Inspiring Integrity
Intelligence
Intensity Intuitive
Irreverent
Joy
Justice Kindness
Knowledge

Lawful Leadership
Learning
Liberty Logic Love
Loyalty
Mastery Maturity
Meaning Moderation
Motivation Openness
Optimism Order
Organization
Originality Passion
Patience
Peace Performance
Persistence
Playfulness Poise
Potential
Power
Present Productivity
Professionalism
Prosperity Purpose

Quality
Realistic
Reason Recognition
Recreation Reflective
Respect Responsibility
Restraint Results-
oriented Reverence
Rigor
Risk
Satisfaction Security
Self-reliance Selfless
Sensitivity Serenity
Service
Sharing Significance
Silence
Simplicity Sincerity
Skill
Skillfulness Smart
Solitude
Spirit



LIST OF CORE VALUES

Spirituality
Spontaneous
Stability Status
Stewardship
Strength
Structure Success
Support Surprise
Sustainability
Talent Teamwork

Temperance
Thankful
Thorough
Thoughtful
Timeliness
Tolerance
Toughness
Traditional
Tranquility
Transparency
Trust Trustworthy
Truth

Understanding
Uniqueness Unity
Valor
Victory
Vigor
Vision
Vitality
Wealth Welcoming
Winning Wisdom
Wonder

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REFINE + ALIGN





EXERCISE 3:

• Highlight all core values from the list that resonate with you

• Write down the 20 that connect with you most deeply

• Narrow this list down to your top 10

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3.
4.
5.
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11.
12.
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15.
16.
17.
18.
19.
20.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Now it's time to pick your top 3. Take your time, and choose the 3 that you feel most strongly connected to. We are going to focus on these for the remainder of this ebook.

CORE VALUE #1: _____

CORE VALUE #2: _____

CORE VALUE #3 : _____

CORE VALUE #1

CORE VALUE #2

CORE VALUE #3

1. Where are you living in alignment with each of your core values?

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2. Where are you living out of alignment with your core values?

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3. How does your daily behaviour correlate with your core values?

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4. How does this make you feel?

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5. How does your work allow you to live in alignment with your core values?

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6. How are the goals you are working towards in alignment with your core values?
How does this impact your motivation to progress towards your goals each day?

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CORE VALUE #1

CORE VALUE #2

CORE VALUE #3

7. How do your core values appear in your relationships?

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8. What are the challenges that prevent you living in alignment with your core values?

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9. What would your life look like if you lived by your core values? How would it be different?

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10. How can you be true to your core values in all areas of your life?

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11. What can you do to make them easier to live by?

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12. What changes do you need to make to live by your core values on a daily basis?

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LIVING





OUR LIFE TODAY IS A SUM OF OUR EXPERIENCES TO DATE

We have done the hard work in terms of reflecting on our life, what we have experienced, and had our first attempt at trying to understand how these things influence what we believe.

Now it is time to take ACTION, and live your life in alignment with your core values.

Our daily habits and behaviours dictate our future - and are the source of all success, happiness, peace, and joy.

Commitment to living by your core values is the key to a happy life.

At this point, I am going to ask you to commit to 5 actions/habits you are going to adopt today to ensure you are living in line with your core values. They can be big or small, but they must be in line with the core values you have identified above.

Commit to this today, and work on these everyday for the next 12 months; I promise you, your life will change in a big way. You will be happier in your work, in your relationships, and in your life.





COMMITMENT TO SELF

I intend to honour my core values by adopting the following habits.


ACTION/HABIT #1

ACTION/HABIT #2

ACTION/HABIT #3

ACTION/HABIT #4

ACTION/HABIT #5



▼

**OUR FUTURE LIFE IS A REFLECTION
OF OUR DAILY HABITS**

Thanks for participating
Please get in touch for 1:1 coaching
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