

Create, Launch, and Transform your Life with Values

Values Workbook



Ready to know your future?



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Know your values. Achieve your goals.

Below starts the process of creating, launching, and transforming how you achieve your goals. We have to define our values before we set our goals. Your values and goals must be aligned.

Values versus Value

Values are the principles or beliefs that guide a person's behavior or decision-making. Value, on the other hand, refers to the worth or usefulness of something.

Why Your Values Should Align with Your Goals

Aligning your values with your goals can provide motivation and focus in achieving those goals. When your goals align with your values, you're more likely to find meaning and purpose in pursuing them, and you'll be more committed to seeing them through. Additionally, aligning your goals with your values can help ensure that you're pursuing goals that are truly important to you rather than just pursuing goals you think you should follow.

Values

What is the difference between a value and a goal? Living a healthy lifestyle is VALUE. Losing weight is a goal. Quitting smoking is the goal. Doing meaningful work is valuable. Affirming your partner each day is the goal. We often set goals, we take jobs, and we make life decisions without ever knowing what our actual values are and how we are defined for us. Your goals can only be explained by knowing what your values are, we can try and believe we know, but if we need to understand how we define our values, we will struggle with where we are in some fashion or another.

Until you know:

- What you value most
- What inspires you
- What is your true purpose is
- You do not know your values and...

You could be:

- Living the life, someone else wants for you
- Following someone else's ways of being or life
- Following other people's priorities
- Frustrated
- Working a job that is not satisfying

Launching your Values...It's a Process

This process can take a week, a month, or a day. You will create your values. Launch your goals. Transform your life. Once you are done, do something that will help you recite them time after time.

Defining your values will:

1. Knowing your values will allow you to make deliberate choices and decisions.
2. Your values affect where, what, and who.
3. Allow your values to define who you are.
4. Strong core values keep you fulfilled.
5. Make your values allow you to prioritize your goals.
6. Values will guide how you will treat others and how others treat you.
7. Be a slave to your values, and you will achieve your goals.

How to Select Your Values

Choosing your values involves reflecting on what is most important to you and what principles guide your actions and decisions. Some ways to start selecting your values include identifying your strengths, thinking about your personal and professional goals, and considering the impact you want to make in the world. It may also be helpful to seek guidance from trusted mentors or role models.

Review the following two pages of values.

Read through the list of ALL values before you start to decide which belong to you.

Week 1: Select up to 20 values. Write them in the Week 1 worksheet.

Week 2: Select up to 10 values from your list of 20. Write them in the Week 2 worksheet.

Final week: It is time to choose your top 3-5 values from the Week 2 list. Write them in the final worksheet.

Selecting your values can be a 3-week process because it involves a lot of introspection and reflection to identify what is truly important to you. It is something that takes time and effort to be done.

The process of selecting your values typically involves several steps, such as:

- 1. Self-reflection:** Take the time to think about your life, what matters to you, what makes you happy, and what you want to achieve.
- 2. Identifying your core values:** Once you have a better understanding of yourself, you can start to identify your core values. These are the principles or beliefs that guide your behavior and decisions.
- 3. Prioritizing your values:** Once you have a list of your core values, you must prioritize them. This involves considering which values are most important to you and which ones you are willing to compromise on.
- 4. Creating a plan:** Finally, you need to create a plan for how you will live your life following your values. This involves setting goals and making decisions that align with your values. This will help you align your values with your goals.

All of these steps take time and require careful consideration. Rushing through the process can lead to superficial or incomplete results. That's why selecting your values is a 3 week process, or even longer in some cases, to ensure that you are thoughtful and intentional about this critical aspect of your life.

Are you ready?

accountability	compassion	peacefulness	influence	trust
integrity	respect	harmony	insightfulness	affection
wisdom	courage	balance	influence	listening
Autonomy	success	joy/fun	decisiveness	thoughtfulness
courage	self-love	independence	knowledge	patience
generosity	spirituality	efficiency	lawfulness	reciprocity
gratitude	justice	promise-keeping	calmness	deep connection
openness	forgiveness	fairness	bliss	appreciation
loyalty	caring	sincerity	clarity	fidelity
abundance	faith	accuracy	cleanliness	faithfulness
kindness	beauty	goodness	boldness	playfulness
Charity	wealth	hope	optimism	romance
acceptance	humor	honor	bravery	passion
intuition	prosperity	humility	friendliness	patience
change	gracefulness	insightfulness	selflessness	confidence

affection	quality time	dedication	reliability	empathy
stability	tolerance	emotional intelligence	gentleness	warmth
cooperation	sweetness	intimacy	gift-giving	showing appreciation
mutual support	equal relationship	timeliness	persistence	growth mindset
diversity	teamwork	work life balance	innovation	ingenuity
professionalism	fame	power	hard work ethic	leadership
entrepreneur	self development	tidiness	organization	quality
responsible	encouragement	credibility	self motivation	service to others
constructive criticism	management	consistency	enthusiasm	achievement
transparency	dependability	fast pace	travel	tolerance
self control	coaching/mentorship	patience	laughter	awareness
stewardship	community	personal expression	problem solving	curiosity
financial freedom	pride	harmony	free time	peace of mind

Value Worksheet

Week 1					
			Week 2		
		Week 3			

DEFINING YOUR VALUES

DEFINITIONS WILL ALLOW YOU TO NARROW YOUR UNDERSTANDING OF WHAT THE VALUE MEANS TO YOU

	LIST 5 TOP VALUES	DEFINITION
1		
2		
3		
4		
5		

NOTES:

What have I learned from this exercise?

