



WORKBOOK

The Second Reign: Defining Your Core Values for What Comes Next

UNAPOLOGETICALLY GRAY® COACHING
& EDUCATION



Meet Your Coach

Hey Love, I'm Traci Byerly! I am so glad that we are together today. Before we go any further, I'd love to share a little about myself so you can understand my heart behind why I am here to serve you. I am passionate about modeling and helping women—and men—to experience healing, empowerment, and true transformation from the inside out.

My journey really began with my gray hair. For years, I was criticized for being “too young to have all that gray hair”, but that led me into a powerful season of self-acceptance. As I learned to love myself from within, everything changed—criticism turned into compliments, and I stepped fully into who I am.

Today, I partner with women to move beyond external definitions and reconnect with their authentic selves. Middle-aged women are my specialty! I believe when we learn to govern our minds, spirits, souls, and bodies with masterful discipline, we can lead every area of our lives with confidence and clarity.

Another big part of my mission is also helping women become truly self-sufficient—whether single or married. I believe women are to be confident co-contributors in their relationships while also having the security, strength, and independence to stand fully on their own if life ever requires it.

I am a certified coach through the International Coaching Federation (ICF), professional lifestyle strategist, co-founder of Your Chosen Pass alongside my husband, and author of Unapologetically Gray. Through our Unapologetically Gray® coaching and education services, we help people embrace aging with confidence and live boldly—fully and unapologetically.

Fredrick and I share four children and three grandchildren. We live in the Dallas/Fort Worth area.

Welcome! Remember, what you put into this workshop and workbook is what you get out of it! Take some time to review and add more to it in your private time. Activate what you have learned and take it to another level!

Core Values...

We hear about them being tied to corporations and nonprofits. They believe in them. They stand by them. They post their values. They recite their values. They look for other like-minded people to join them in their mission to uphold values. They will not unite with people who oppose their values. Decisions are based on their values. Their actions are strongly driven by their values. They are focused and successful, letting nothing or no one get in their way because of their values. There is no confusion because they are confident in who they are and very clear about what is important to them. The power of these words hold value!

Core values...

They are not for institutions only. If you have never given thought to the benefits of your personal core values, you are in for a treat! Answers may manifest as to why you might feel stuck in some areas of your life. Today is designed to bring about awareness, give you some tools for self-improvement and personal motivation about these powerful words to curate your best “next” going forward, and make some cool connections.

If the concepts of core values were not new to you, think about a loved one who is not here who could have benefitted from this workshop. Please take notes and gift them this workbook. Send them our way! We would love to work with him or her.



The Roles We Play

Use the Reflection page to write down the top 5 roles you have played in your life (i.e., wife, mom, partner, employee, boss, caregiver, fixer, victor, peace-maker, etc.). This is not a role you were born into. You chose this role or it was assigned to you.



What are you seeing and why?

- Which one did you do the best?
- Which one cost you the most? (No wrong answer! Just write whatever comes to you.)
- Which one are you currently outgrowing or losing?

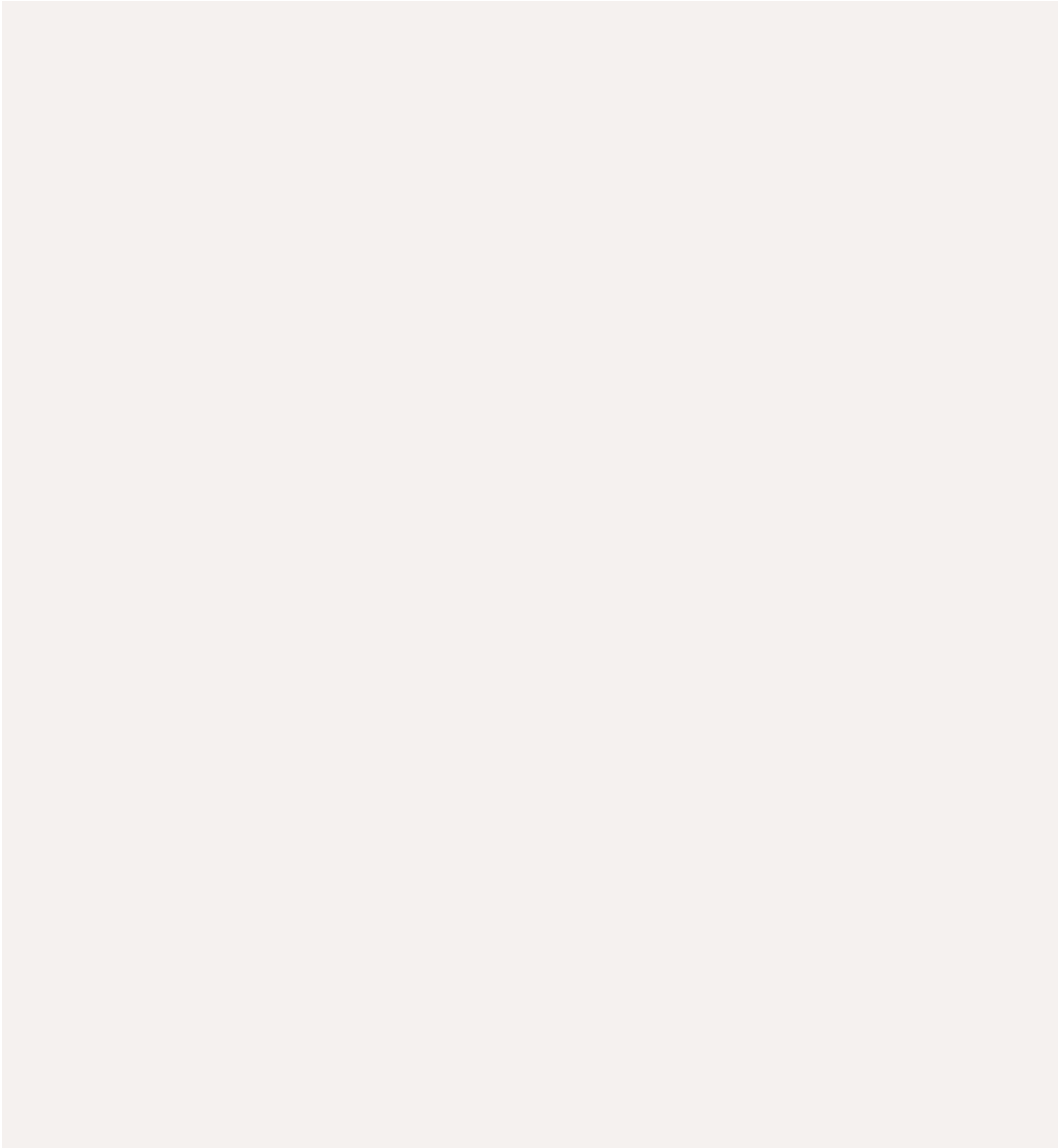


Here's the real deal...

Most of us were taught to build our identity around roles...but roles change. Core values mostly remain stable.

The Roles We Played

Write down the top 5 roles you have played in life. Which one did you do the best and why? Which one costs you the most and why? Which one are you currently outgrowing or losing and why? There are no right or wrong answers! Only yours! Write whatever your mind and heart answers.

A large, empty rectangular box with a light beige background, intended for the user to write their answers to the prompts above.

A _____

L _____

I _____

G _____

N _____

5 Reasons You May Feel Liminal Right Now

- 1) _____ of identity
- 2) _____ relationships
- 3) Too many _____ / no _____
- 4) Emotional _____ / _____
- 5) Living by _____, not by _____

Let's Be Clear About Core Values...

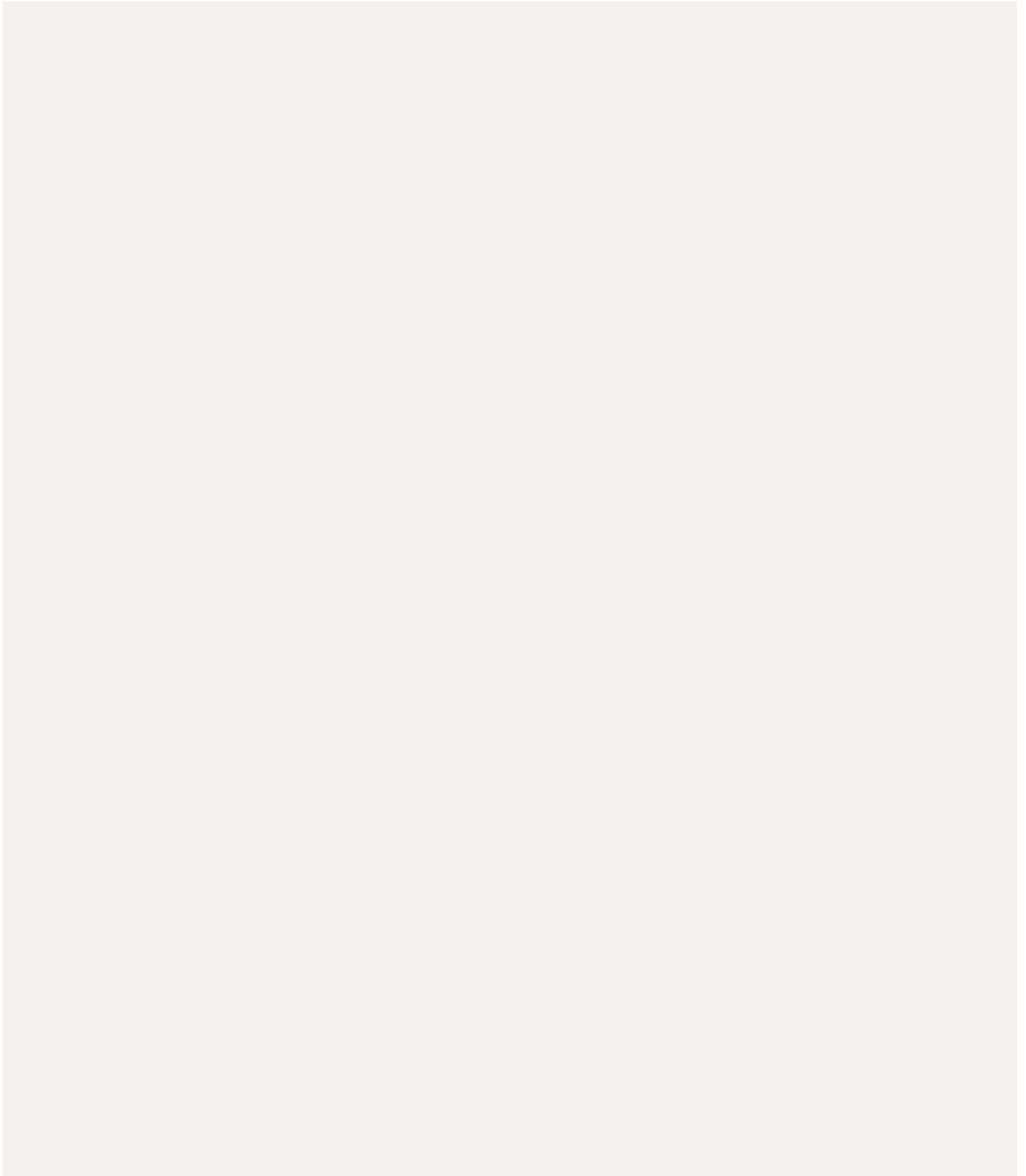
Core values are NOT _____

Core values are the internal standards that guide your decisions, relationships, and direction--whether you are aware of them or not.

5 Reasons Why Core Values Change Everything

- 1) Core values _____ your identity.
- 2) Core values _____ your relationships.
- 3) Core values _____ your decisions.
- 4) Core values _____ your emotions.
- 5) Core values help you to live _____.

Capture notes and takeaways right here!



Connection & Relationships



- Love
- Trust
- Loyalty
- Respect
- Belonging

Stability & Security



- Peace
- Safety
- Stability
- Wealth
- Order

Growth & Expansion



- Growth
- Purpose
- Achievement
- Excellence
- Learning



Freedom & Lifestyle

- Freedom
- Adventure
- Flexibility
- Independence
- Joy



Character & Integrity

- **Honesty**
- **Integrity**
- **Responsibility**
- **Authenticity**
- **Discipline**



Evolution & Vitality

- **Spirituality**
- **Harmony**
- **Wisdom**
- **Grace**
- **Abundance**

What are your top 5?

1) _____

2) _____

3) _____

4) _____

5) _____

**If everything in life were stripped away,
which 3 would you fight to keep?**

1) _____

2) _____

3) _____

Let's go to work!

Alignment Check!

For ***each*** core value selected, ask yourself the following questions and note your answers here:

- *Where in my life is this being honored?*
- *Where in my life is this not being honored?*
- *How does my observation make me feel?*
- *What might need to change?*

Notes Page

Capture notes and takeaways right here!



How to bring core values to life

Know what works for you!

- Are you a visual, auditory, or hands on person?
- What will hold your attention to who and how you are?
- Who or what will hold you accountable?



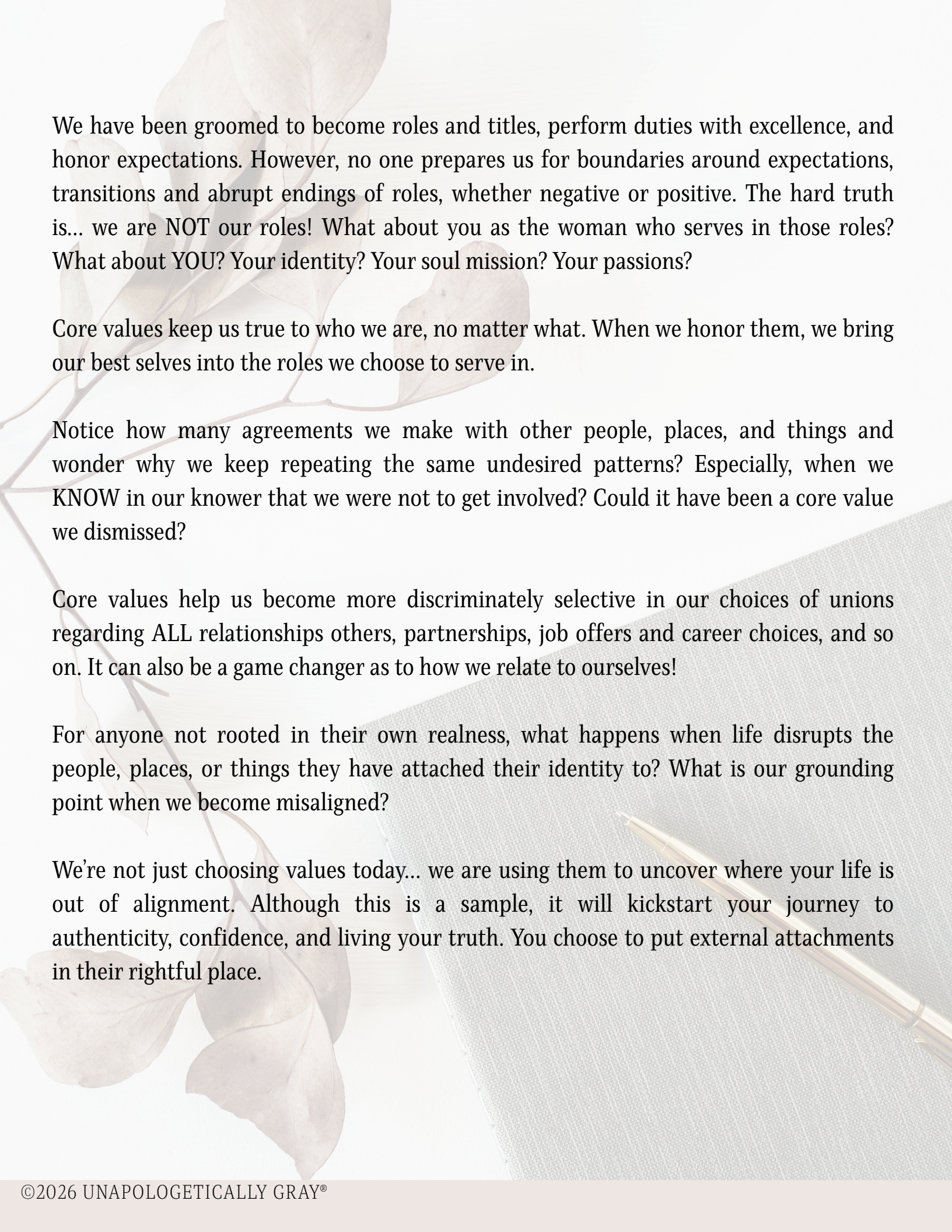
Some ideas...

- Vision boards or books with your core values in action
- A written decree to recite daily or often
- A recording of a decree as if you are living your best life
- Any other ideas you can share?



Let's embody these power words

Have fun with your core values! Make them your team mates! Chose one and commit to a small step to practice daily. Create a tracker or have a partner to hold you accountable as you walk out your “next” with bold authenticity!



We have been groomed to become roles and titles, perform duties with excellence, and honor expectations. However, no one prepares us for boundaries around expectations, transitions and abrupt endings of roles, whether negative or positive. The hard truth is... we are NOT our roles! What about you as the woman who serves in those roles? What about YOU? Your identity? Your soul mission? Your passions?

Core values keep us true to who we are, no matter what. When we honor them, we bring our best selves into the roles we choose to serve in.

Notice how many agreements we make with other people, places, and things and wonder why we keep repeating the same undesired patterns? Especially, when we KNOW in our knower that we were not to get involved? Could it have been a core value we dismissed?

Core values help us become more discriminately selective in our choices of unions regarding ALL relationships others, partnerships, job offers and career choices, and so on. It can also be a game changer as to how we relate to ourselves!

For anyone not rooted in their own realness, what happens when life disrupts the people, places, or things they have attached their identity to? What is our grounding point when we become misaligned?

We're not just choosing values today... we are using them to uncover where your life is out of alignment. Although this is a sample, it will kickstart your journey to authenticity, confidence, and living your truth. You choose to put external attachments in their rightful place.



We have all experienced exhaustion and resentment from people, places, and things. It is not so much them as it is our CHOICE to ignore what is true to our inner essence. Those emotions are signals that we are in misalignment.

Core values bring clarity and signals to align our desires, focus, and choices to what is important to who and how we are. When we are clear, we are satisfied and confident!

If you have struggled with fumbling in default of living in another's design for your life—be it your upbringing, culture, religion, society, whatever, let today shine light on what will bring harmony in your next step and even now.

Core values give clues that make you uniquely you. You get a chance to try on power words to see what speaks to your soul and truly fits. We are going to put some words to the test. This is your opportunity to embody what may have been your foundational makeup all along!

We want to stay connected!

We wish you the best of blessings on your journey to establishing your core values and living them strong in your next chapter. If you hit a rough patch and need to talk, or have a great report to share, please contact us. If you loved our encounter and would love for us to come speak at your events or podcasts, let's talk!

Please reach us here:

www.unapologeticallygray.com or www.yourchosenpass.com and use the contact icon or email us at unapologeticallygray@gmail.com or traci@yourchosenpass.com

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LET'S KEEP IN TOUCH

