

# Values

**“As you live your values, your sense of identity, integrity, control, and inner-directedness will infuse you with both exhilaration and peace. You will define yourself from within, rather than by people’s opinions or by comparisons to others.**

**~Stephen Covey~**

# Before You Start

*Tips on how to get the most out of this workbook*

## Tip #1

**Be Committed:** You are looking to create a personal transformation, be intentional with your focus. If you are not willing to commit, put this on hold. When you are ready, fully immerse yourself.

**Tip #2** \*If you only read 1 tip, make it this one.

**Put Insight Into Action:** The purpose of this workbook is to trigger new insights, but you are not here for insights. You are here because you want to change the outcomes in your life. Go apply the insights in your life. Remember,

Insight + Action = Outcome  
Insight + No Action = Theory (No Outcome)

## Tip #3

**Print or Download:** To maximize your insights, print out a copy of this workbook and use it as a journal or prompts for your journal. You can also download this file and type your answers directly.

## Tip #4

**Get Focused:** Turn off alerts on your devices, create a quiet, distraction-free environment. Communicate to those around you to give you time and space.

## Tip #5

**Before You Start:** Close your eyes, take a few slow, deep breaths to get centered, then jump in.

**Tip #6** \*If you are willing to read a 2<sup>nd</sup> tip, this is the one.

**Observing Your Inner Voice:** As you work through the prompting questions, close your eyes. Spend time observing the voice inside your head, you will notice that it never stops. Free yourself from the chatter, step back and view it objectively. Don't think about it, just notice and observe it. Write down your observations.

## Tip #7

**Share Your Insights and Learnings:** Share your thoughts with family, friends and colleagues. Also, I invite you to share with me at [yamato@yamatoyoshioka.com](mailto:yamato@yamatoyoshioka.com)

# Values

## Inner Fulfillment

When your core values are being honored, you will feel most fulfilled and provide your life with deep meaning. In essence, a value is what is most important to you. It is also important to recognize values can be either externally-influenced or self-created.

An externally-influenced value is something you have unconsciously accepted from an expectation, obligation or commitment to others based on your family, school, work, and/or societal upbringing.

Self-created values are chosen from a place of authenticity, love and truth to you. They are chosen by you based on who you are and who you want to become. Your values can (and often do) evolve over time. Often there are the defining moments and experiences in your life that call on you to truly understand what your core values are and you can honor them.

Living a life in full alignment to yourself requires you to look deeply into your inner-self to define your values. This becomes the vision of how you want to live.

## Step 1: Trust Your Intuition

**Take Inventory:** Review the values inventory on the next page and circle the ones that resonate most to you. Trust your intuition and do not overthink. If there are values that are not represented on this list, I invite you to add your own.

**Important Note:** Do not choose the values that have been most important to you in the past. **Choose the values based on the person you want to become, the values that your self-created *Future Self* embodies. The values of you that is living the life you have always wanted.**

## Values Inventory

Abundance	Compassion	Fitness	Knowledge	Reliability
Acceptance	Confidence	Flexibility	Leadership	Resilience
Accomplishment	Consciousness	Focus	Learning	Resourcefulness
Accuracy	Consistency	Freedom	Liberation	Respect
Achievement	Control	Fun	Love	Sacrifice
Acknowledgment	Cooperation	Generosity	Loyalty	Safety
Adventure	Courage	Grace	Maturity	Self-Control
Affection	Creativity	Gratitude	Mindfulness	Serenity
Ambition	Curiosity	Growth	Motivation	Service
Anticipation	Depth	Happiness	Mysteriousness	Sexuality
Appreciation	Determination	Harmony	Nature	Simplicity
Authenticity	Dignity	Health	Obedience	Sincerity
Awe	Direction	Honesty	Optimism	Solitude
Balance	Discipline	Hopefulness	Order	Spirituality
Beauty	Discovery	Humility	Passion	Spontaneity
Belonging	Diversity	Humor	Peace	Stability
Bliss	Education	Imagination	Perseverance	Strength
Boldness	Efficiency	Impact	Philanthropy	Trust
Bravery	Empathy	Independence	Playfulness	Truth
Calmness	Energy	Inspiration	Power	Understanding
Care	Enthusiasm	Integrity	Privacy	Uniqueness
Challenge	Exploration	Intuition	Professionalism	Unity
Clarity	Fairness	Joy	Prosperity	Vitality
Comfort	Faith	Justice	Reflection	Warmth
Commitment	Family	Kindness	Relaxation	Wisdom

Add Your Own

## Step 2: Core Values Groups

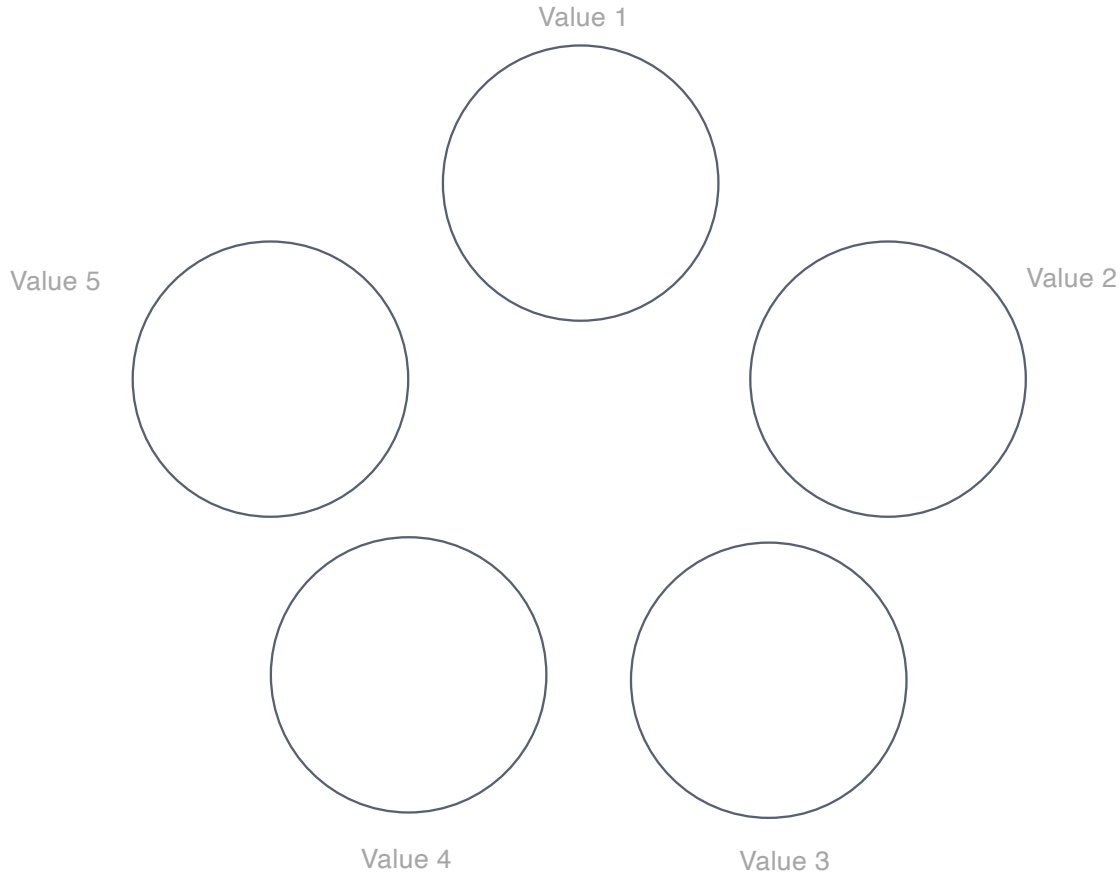
**Values Groups:** From the values identified in step 1, group similar values together into 5 groups and write them in the spaces below. Group together values that have a similar meaning to you, that you feel fit together.

Group Name 1:	Group Name 2:
Group Name 3:	Group Name 4:
Group Name 5:	Notes/Journal

Choose one of the values included in the group, or a word or phrase that you feel best encompasses the meaning of the entire group, to be the group's name. Your group names are your top 5 core values.

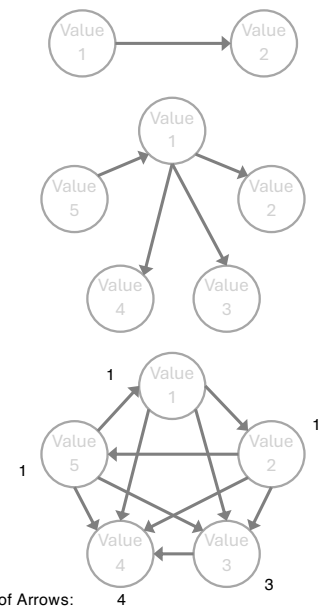
## Step 3: Order Of Importance

**Ranking of Importance:** Rank your top values by comparing each against one another. Transfer your top values into the circles below.



- Compare the value you've placed in circle 1, to the value in circle 2. Which of these two things is most important to you? Is one of them necessary in order for the other to exist? Draw an arrow from one circle to the other, with the head of the arrow pointing towards the value that is more important to you.
- Continue by comparing the value in circle 1 to the values in circles 3 through 5, drawing an arrow toward whichever one of the two is your most important value in each case.
- Working clockwise, move to comparing the value in circle 2 to each of the values in circles 3 through 5, then the value in circle 3 to values 4 and 5, and so on, until each of your values has been compared to the 4 others, with an arrow pointing toward the most important one in each case.
- Count the number of arrows that point to each value circle. The value with the most arrows pointing to it is the value most important to you. the one with the second highest number of arrows is your second most important and so on.

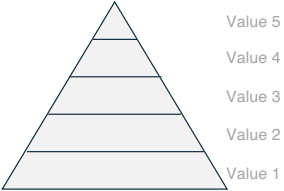
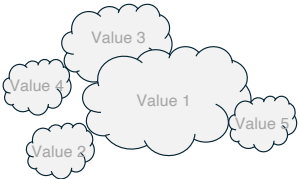
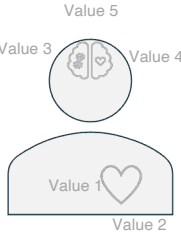
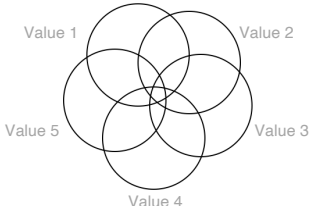
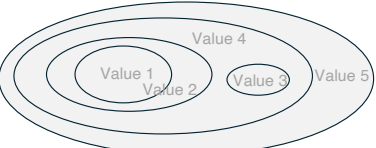
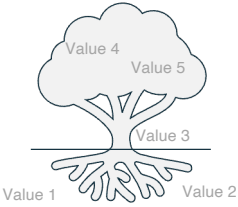
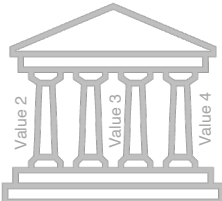
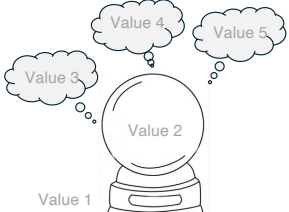
Example



## Step 4: Visualization Of Core Values

**Core Values Model:** Create a visual representation of your core values. The resulting model will be uniquely yours and will act as a beacon of light to guide your life. Utilize the ranking in importance of your values from the previous step.

Examples of structures you can use to express your values

The Pyramid	The Cloud
<p>Values built on each other, with the most important or foundational at the bottom</p> 	<p>A freeform representation of your values</p> 
The Human	Venn Diagram
<p>Visualize in your body where your core values exist</p> 	<p>Great model if all 5 core values carry similar importance.</p> 
Concentric Circles	The Tree
<p>When values radiate or ripple out to other values. Or values include other values.</p> 	<p>Inner-self and deep rooted values and outwardly visible values</p> 
The Pantheon	The Snow Globe
<p>One foundational and over-arching value with the others acting as pillars</p> 	<p>One foundational value, one outwardly displayed value, with other surrounding values</p> 

If there are other representations that better express how you visually see the relationships between your value groups, I invite you to create your own. (and I would love if you would share with me!)

# My Core Values Model

Date:

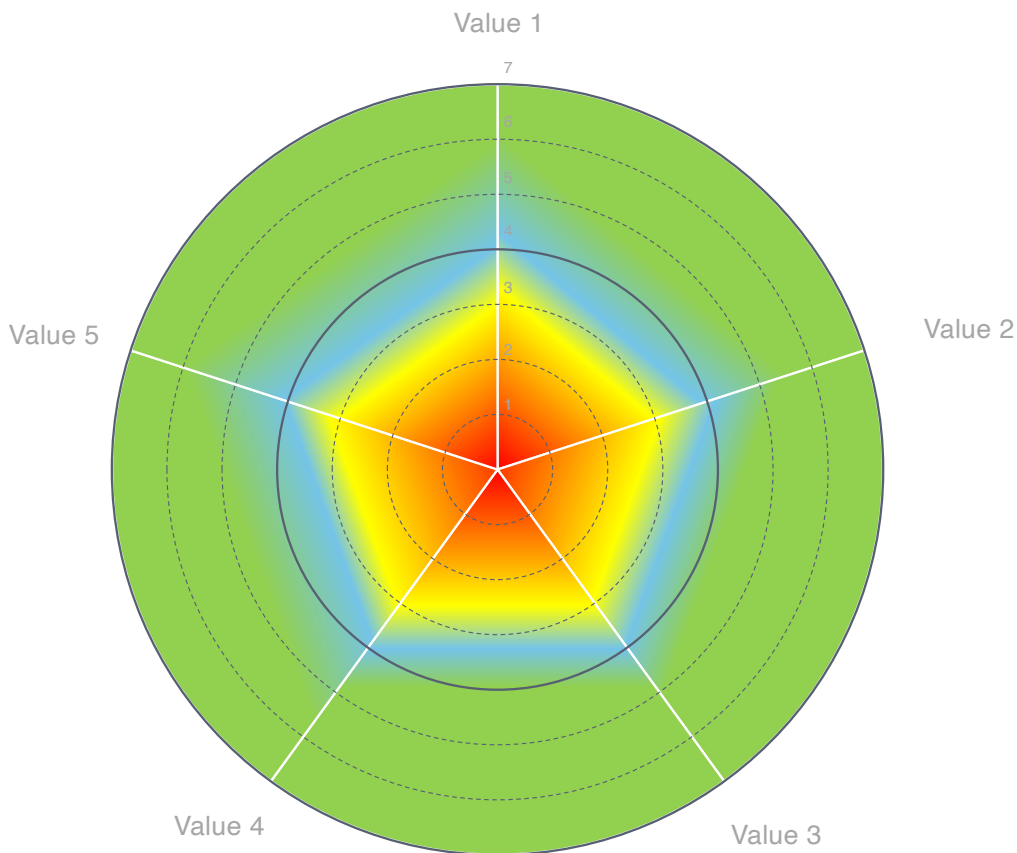


## Step 5: Assessment

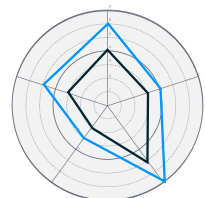
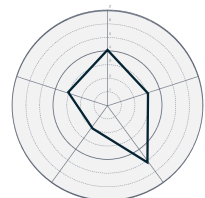
**Self-Assessment:** For each value, rate how well you are currently living and honoring your core values, using the scale below.

For each of the 5 core values, place a dot on each value axis

1	2	3	4	5	6	7
Total Misalignment	Often Misaligned	Misaligned	Neutral	Sometimes Living Value	Often Living Value	Fully Living Value



Example



Draw a line connecting the dots

Do the same for your Future Self – 6 months from now.  
Visualize where you would like to be.

## Step 6: Conclusions And Actions

**Insights:** What insights do you get from your self assessment?

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**Vision:** What is different for you 6 months from now?

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**Commitment:** How long would you like to wait for these changes to occur?

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**Lower The Bar To Set First Action Steps:**

What is ONE SMALL action I want to START doing?

What is ONE SMALL action I want to STOP doing?

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# Bonus Challenge #1

## The Johari Window Model

**Increase Your Awareness On Others:** Ask the people closest to you to assess the level at which you are honoring your core values. It will give you insight into 3 areas

- 1) Open Area: Others see you in the same way that you see yourself.
- 2) Blind Spots: Others see something in you that you, yourself are not aware of.
- 3) Hidden Area: Highlights areas that you are keeping to yourself.

## Exercise

- Share your Core Values Model with others. Choose people who know you well and will provide honest feedback and has your best interests at heart.
- Give them the same assessment that you used, rating your level of alignment to your core values on a scale of 1 to 7.
  - For each core value, ask them to write a 1-2 sentence description of when they see you fully living the value.
  - For each core value, ask them to write a 1-2 sentence description of when they see you misaligned to the value.
- With your collection of responses from others, go back and update your responses to Step 6.

# Bonus Challenge #2

## The Perfect Ordinary Day – Live It Today

**Bring Your Core Values Into Your Life Right Now:** Image an ordinary day in your life, a day with no special occasions or events. Detail out all the specifics how the day is created to perfection.

### Exercise

Write out and detail specifics on what the **perfect day** is for you.

- Starting with the moment you open your eyes in the morning until you close your eyes at night
  - What are you doing?
  - What are you thinking?
  - How are you feeling emotionally?
  - What are your 5 senses experiencing?
    - What are you seeing? hearing? smelling? feeling? tasting?
- Describe which of the values you are experiencing in each moment.
- If there are values you are not experiencing at different times of the day
  - What can you do to infuse the missing value(s)?
  - What would it look like to live in full alignment to all 5 values all the time?