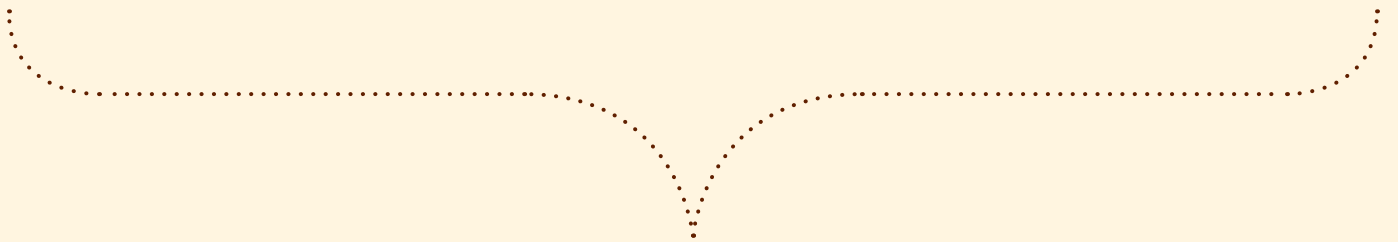


Unlocking You

The Essential Values Bridge Companion Workbook



The
**VALUES
BRIDGE**

Becoming You Labs

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Before You Begin

Congratulations on setting sail on one of life's most important journeys: the pursuit of true self-discovery.

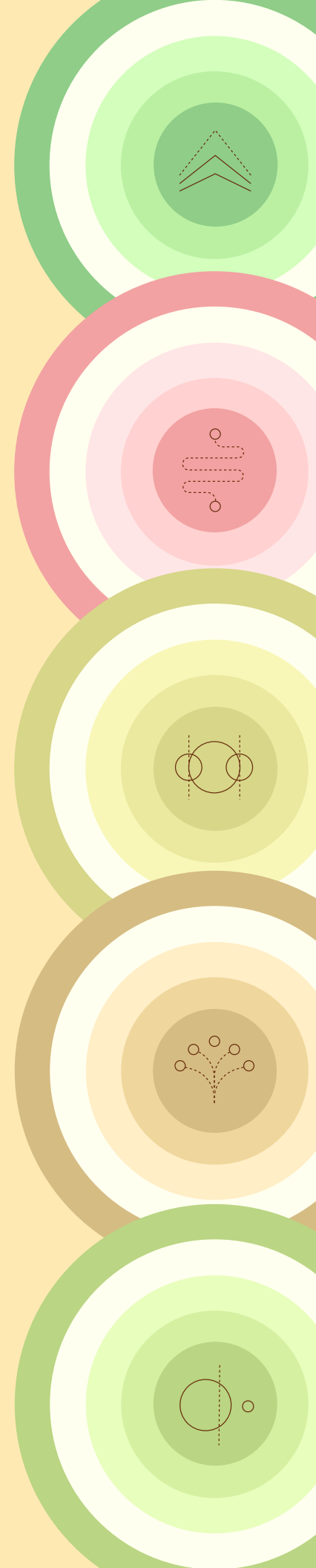
At the heart of that journey lies your values — the deeply held motivations, desires, and principles that shape your actions and decisions. When we understand and fully express these values, we move closer to living a life that feels authentic, meaningful, and aligned.

In a world full of noise, pressure, and constant change, understanding your values isn't a luxury — it's a necessity. When you know what truly drives you, decision-making becomes easier, relationships grow stronger, and your path forward becomes clearer.

The Values Bridge Assessment, developed by Becoming You Labs in collaboration with the NYU | Stern Initiative on Purpose and Flourishing, is grounded in the Welch-Bristol Values Inventory — a model built around 16 core values, each measured along a spectrum of intensity. Among the most data-informed tools in the values space, the Values Bridge not only identifies and ranks your values by importance — it also reveals the gaps between the life you're living and the one you aspire to build. It brings to light the tensions and synergies within your personal value system, offering a nuanced picture of what's helping or hindering your sense of purpose.

This workbook is your companion for diving deeper into those results. Through guided reflections and exercises, you'll gain greater clarity, unlock new insights, and take meaningful steps toward building a life designed around what matters most to you.

If you haven't yet completed the Values Bridge Assessment, we encourage you to do so before beginning the exercises ahead.



Glossary of Terms

Values

Values are the inner desires and motivations that drive our actions and decisions. That sounds simple enough, doesn't it? But values can be pretty complicated for two reasons. First, people confuse them with virtues, like "compassion" and "fairness," all of which are good by definition, and second, people tend to judge values, in themselves and others.

Bluntly stated, values are the 16 human motivations identified by social science, each existing along a continuum of intensity, about how we want to live, work, play, and interact with others in the world. They are personal choices, not moral imperatives.

And while it is tempting to hold opinions about which values are better or worse, and we often do because of human nature, values are ours to have and express. Indeed, when we do, that is when our lives often feel the most authentic.

Rank

The Values Bridge assessment ranks your values from 1 (most important) to 16 (least important). If some values are tied, it means they hold equal significance for you.

Some people feel as if all the values measured by the Values Bridge matter to them to some degree, and that may be true. But the list you receive in your Values Bridge report reflects their rank order of importance, with Core values being your highest, Moderate in the middle, and Peripheral reflecting lesser significance.

Authenticity Gap

This term reflects the difference between how much you hold a certain value in your heart, mind, and soul – and how much you are able to express it in your day-to-day life.

You may, for instance, want a high level of excitement and newness in all you do. That’s the value of Scope in action. But your everyday reality – given family or work obligations – may make that seem impossible right now. The size of the variance between your “want to live” and “currently live” for each value shows up in your Authenticity Gap.

The Authenticity Gap is like cholesterol, the lower the better. Indeed, when we are fully living a certain value, our Authenticity Gap is zero.

Positive Authenticity Gap

The Values Bridge measures your Authenticity Gap on each individual value, as well as overall.

On individual values, if your Authenticity Gap is a positive number – say 23% – it’s saying, “You’re not living your value fully. In fact, you could get 23% closer to it.” Again, the lower the number the better. But it is not uncommon for people in difficult work or personal situations to see Authenticity Gaps of 70% or above.

Sometimes people ask, “When is a positive variance something to worry about?” Every case is different, but in general, any Core Value with an Authenticity Gap of 30% or above is a call to reflection and action. With Moderate and Peripheral Values, any gaps above 40% or 50% respectively are worth noting.

Glossary of Terms

Negative Authenticity Gap

A negative Authenticity Gap sends a very different message. It means you have too much of a value showing up in your life. Say you prefer a predictable, calm life. But work is suddenly requiring you to travel extensively, add new skills quickly, and meet scores of new people. In such a situation, you might see a -60% Authenticity Gap on your Scope score.

In general, it is rare to see a negative Authenticity Score on a Core Value, but they do show up with Moderate and Peripheral values. Your individual report has guidance if this is your situation.

Core Value

The Values Bridge uses the term “Core” to refer to your most defining values, usually your top five. (If there are ties among your top values, you could have up to 7 or 8 Core Values.) Your Core Values are the strongest, most intense motivators you hold, and, when fully expressed, drive your actions and decisions about matters both large and small.

Moderate Value

Moderate Values are the motivations and desires that rank from 6-10 in importance to you on The Values Bridge’s scale from 1-16. While not defining, some moderate values can feel quite important in certain circumstances.

Peripheral Value

Peripheral Values are the motivations that rank at the bottom of your list, from 11-16. On occasion, some of these values may assert themselves in your life, but in general, these are the wants and needs that matter very little to you.

Conflict Analysis

An unfortunate fact of life is that values can conflict with each other. Familycentrism and Achievement, for example, or Eudemonia and Affluence. This dynamic is not new to the world, unique to any one culture or generation, or in any way unusual. In fact, most of our lives are spent figuring out how to balance or manage conflicting values. Indeed, one of the benefits of the Values Bridge is its ability to help you identify your conflicting values, in hopes that such clarity will help galvanize better insights, conversations, and solutions.

Harmony Analysis

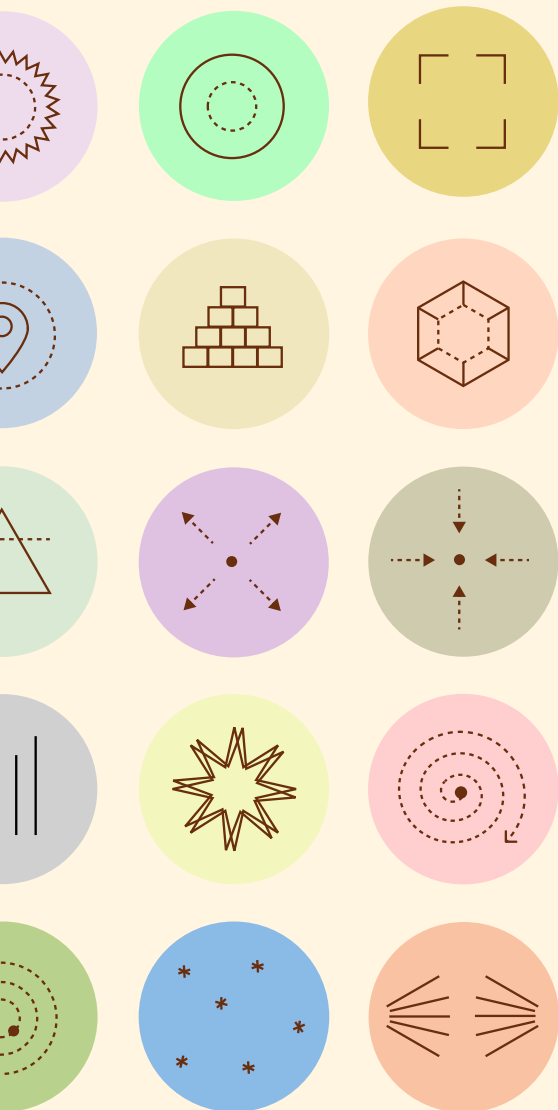
Good news: Sometimes our values are truly in sync with each other. Achievement and Workcentrism, for example, or Non Sibi and Belonging.

As with conflicting values, when our values are aligned, we can feel it in our bones – and guts. But instead of tension and anxiety, we feel a certain calm and resoluteness. Decisions tend to be easier and less fraught, and second-guessing is a rare occurrence.

Your Harmony Analysis report is designed to help identify your aligned values with the intention of increased self-awareness, deeper insights, and better conversations with all those your values impact.

Let's Get Going

The pages that follow are designed to help you reflect deeply on the values revealed in your Values Bridge profile.

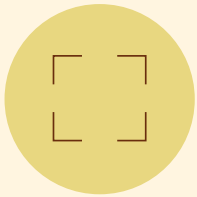


The values in the Values Bridge inventory appear in no particular order — a deliberate choice to underscore a fundamental truth: there is no inherent hierarchy to values. None are better or worse, stronger or weaker. They are simply yours — yours to understand, to integrate, and, ultimately, to live by.

For each value, you'll begin by recording its ranking in your profile and whether it is Core, Moderate, or Peripheral. You'll also note its Authenticity Gap — the distance between how fully you live that value today and how fully you want to live it — as Low, Medium, or High.

From there, you'll move into a series of reflective questions, designed to bring each value into sharper focus. These prompts are an invitation to explore how the value shows up in your life — in your choices, your relationships, your ambitions, and your internal dialogue.

This is slow, intentional work. There are no shortcuts, and there's no need to rush. Take your time. Be radically candid with yourself. The goal isn't perfection — it's compassionate self-awareness. What you'll uncover in these pages isn't just insight — it's the foundation for a more deliberate, values-aligned life.



The Values Bridge

Scope

Scope reflects your authentic answer to the question, “How big a life do I want?” For Core Scope people, the horizon is wide, with a thirst for excitement, learning, and the new. Those with lower Scope may not object to any of the above, they just prefer them woven into lives more centered on stability, structure, and calm.

My Ranking:

Core

1-5

Moderate

6-11

Peripheral

12-16

My Authenticity Gap:

Low

1-30

Medium

31-59

High

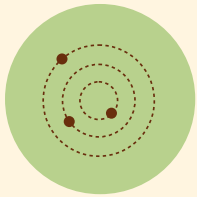
60+

Scope reflects your authentic, albeit often unspoken, desire for a big, exciting, chaotic life – or not. What does your Scope ranking tell you about yourself?

.....

Your Authenticity Gap reveals how close or far you are from living your ideal level of Scope. What do you make of the gap suggested by the Bridge?

.....



The Values Bridge

Familycentrism

Familycentrism reflects your authentic answer to the question, “How much do I want my immediate family to shape my life’s direction?” This value is not a measure of love or loyalty. Rather, it measures the priority level you’d ideally like to place on family considerations when deciding how you spend your time and energy.

My Ranking:

Core

1-5

Moderate

6-11

Peripheral

12-16

My Authenticity Gap:

Low

1-30

Medium

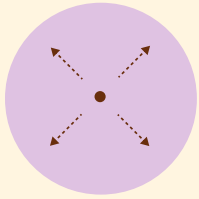
31-59

High

60+

Familycentrism reflects how much you truly want family considerations to drive your actions and decisions. This is a complicated value, often impacted by cultural, social, and personal expectations. Does your Familycentrism ranking surprise you? Why or why not?

What does your Familycentrism Authenticity Gap tell you about your alignment with the life you are living right now?



The Values Bridge

Non Sibi

Non Sibi, Latin for “not for oneself,” reflects your answer to the question: “How much do I want—and need—to help others to feel authentic and fulfilled?” Unlike Radius, which focuses on systemic change, Non Sibi is deeply personal—it measures your desire to improve lives through direct, individual impact rather than large-scale transformation.

My Ranking:

Core
1-5



Moderate
6-11



Peripheral
12-16

My Authenticity Gap:

Low
1-30



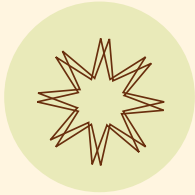
Medium
31-59



High
60+

Non Sibi reflects how much you would help people, in ways large and small, if you could. Given your ranking of Non Sibi, how much are you authentically motivated by that desire?

Reflect on your Non Sibi Authenticity Gap. What is it telling you about the role of helping in your life right now? Is it about right, or could it be adjusted?



The Values Bridge

Luminance

Luminance reflects how much you desire fame—public recognition, visibility, and renown. Those with Core Luminance dream of widespread celebrity; they are drawn to the spotlight and the attention that comes with it. Those with lower Luminance may seek success and impact, but prefer lives outside the public eye.

My Ranking:

Core
1-5



Moderate
6-11



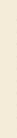
Peripheral
12-16

My Authenticity Gap:

Low
1-30



Medium
31-59



High
60+

The desire for Luminance – fame and influence – can be hard to admit, even to ourselves. How does your ranking on this value resonate with your authenticity-o-meter?



Does your Authenticity Gap on Luminance make sense to you, or suggest you might need to make changes to your life or work?





The Values Bridge

Workcentrism

Workcentrism reflects how much you want work to be the organizing principle of your life—by choice. For some, work is a source of identity, purpose, and fulfillment, shaping not just days but sense of self. For others, it’s simply a means to an end. And for many, the deeply-felt importance of work’s centrality falls somewhere in between.

My Ranking:

Core

Moderate

Peripheral

1-5

6-11

12-16

My Authenticity Gap:

Low

Medium

High

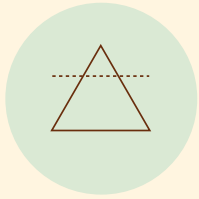
1-30

31-59

60+

Workcentrism reflects our love of work for work’s sake, and how much we want to build our lives around that motivation. Reflecting on your Workcentrism ranking, how much of a driver is this value for you?

What does your Authenticity Gap suggest about how much more – or less – you would like work to organize your life?



The Values Bridge Agency

Agency reflects how much you want and need to control your life’s direction, decisions, and details. Those with Core Agency have a deep desire to steer their own course, craving autonomy even when it’s not within their reach. Those with lower Agency have more comfort with collaboration, delegation, and allowing others to take the lead.

My Ranking:

Core
1-5



Moderate
6-11



Peripheral
12-16

My Authenticity Gap:

Low
1-30



Medium
31-59



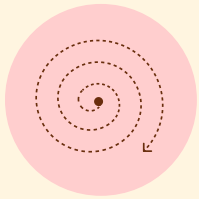
High
60+

The desire – the yearning, often – to determine the very course of our lives is reflected in Agency. How predominant is this value in your ranking order?



A high Authenticity Gap on Agency can be felt acutely, often more so than other values. Reflect on your gap and your emotional response to it. Recognition? Relief? Something else?





The Values Bridge

Radius

Radius reflects your authentic answer to the question, “How much do I want to change the world?” Core Radius people aspire to be part of transformation on a systemic scale. Those with lower Radius may also desire wide-ranging change, but hold less of a personal commitment to making it happen.

My Ranking:

Core
1-5



Moderate
6-11



Peripheral
12-16

My Authenticity Gap:

Low
1-30



Medium
31-59



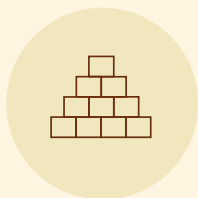
High
60+

How much do you want to change the world with your life and legacy? Your ranking on this value is an indication, and its authentic expression sometimes surprises people the first time they see it. How about you?



For some, their Authenticity Gap on Radius can be a wake-up call about their life’s trajectory – or not. What does it tell you?





The Values Bridge

Achievement

Achievement reflects your drive for success—to excel, accomplish goals, and demonstrate expertise. Those who highly value Achievement embrace competition and find fulfillment in the pursuit of excellence in whatever they take on. Those with lower Achievement seek a life more free from external validation.

My Ranking:

Core

1-5

Moderate

6-11

Peripheral

12-16

My Authenticity Gap:

Low

1-30

Medium

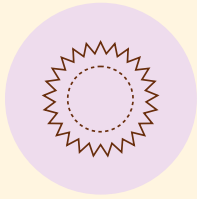
31-59

High

60+

The world – our culture, that is – has a way of pushing us toward this value. Some of us come to say, “Heck, yes,” and others, “I hate the whole winning and losing thing.” What does your ranking tell you about your response?

What does your Authenticity Gap tell you about how much more, or less, achievement you’d like to express in your life?



The Values Bridge

Eudemonia

Eudemonia reflects how much you aspire to organize your life around pleasure, be it adventure or simple daily joys. Core Eudemonia people don't want to postpone happiness, they believe life is meant to be enjoyed in the present. Those with lower Eudemonia, depending on the degree, prefer to shape their lives around other priorities.

My Ranking:

Core
1-5



Moderate
6-11



Peripheral
12-16

My Authenticity Gap:

Low
1-30



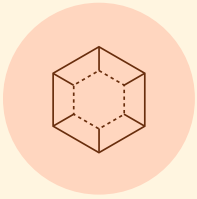
Medium
31-59



High
60+

Fun, pleasure, self-care. They can be the pillars of your life, or on the periphery. What does your ranking tell you about where you authentically want them to be?

Most people are not surprised by their Eudemonia Authenticity Gap; they can literally feel it coming. How about you?



The Values Bridge

Affluence

Affluence reflects how much wealth you want in your life—and how much you’re willing to prioritize its pursuit. For those with Affluence as a top value, financial success is a driving force, shaping decisions about work and lifestyle. For those with lower Affluence, wealth may be valued, but other priorities take enough precedence to merit tradeoffs.

My Ranking:

Core
1-5



Moderate
6-11



Peripheral
12-16

My Authenticity Gap:

Low
1-30



Medium
31-59



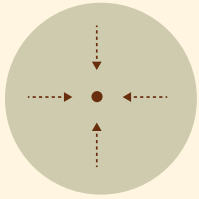
High
60+

What a moment of truth it can sometimes be to see this value of ours in black-and-white. What is your visceral reaction to where it falls in your ranking?



Reflect on your Affluence Authenticity Gap for a moment. What are its implications?





The Values Bridge

Beholderism

Beholderism reflects how much importance you place on aesthetics—how things look, feel, and present themselves—including places, spaces, objects, and people, yourself included. Those with Core Beholderism find joy and satisfaction in visual appeal. Those with lower Beholderism may too, but with far less attention or emotional connection.

My Ranking:

Core
1-5



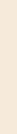
Moderate
6-11



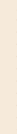
Peripheral
12-16

My Authenticity Gap:

Low
1-30



Medium
31-59



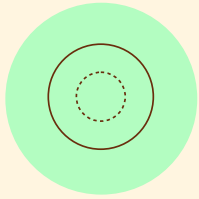
High
60+

I sometimes joke that Beholderism needs a support group. Given your ranking, will you be joining it? More seriously, what's your reaction to your desire for things to be aesthetically beautiful, maybe even including you?



A high Authenticity Gap on Beholderism would suggest you yearn for more beauty (or order, or harmony) in your world. What does your gap indicate?





The Values Bridge

Belonging

Belonging reflects how deeply you value friendship, community, or both. Those with high Belonging feel most alive when embedded in a genuinely connected group—whether at work, at play, or in daily life. Those with lower Belonging may certainly enjoy social bonds, but feel more authentic navigating life on their own terms.

My Ranking:

Core

1-5

Moderate

6-11

Peripheral

12-16

My Authenticity Gap:

Low

1-30

Medium

31-59

High

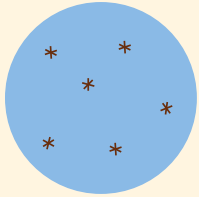
60+

Some of us yearn for community and connectivity; others not so much. What does your ranking on this value suggest about this value's relative importance to you?

.....

Take a moment to reflect on your Belonging Authenticity Gap. What does it tell you, if anything, about life and work adjustments you might consider making?

.....



The Values Bridge

Cosmos

Cosmos reflects how much you desire to derive guidance and meaning in your life from a spiritual higher power. Those with high Cosmos seek a life deeply interwoven with their faith, allowing it to shape their decisions and worldview. Those with lower Cosmos prefer less—or no—religious influence in how they live, think, or act.

My Ranking:

Core
1-5

Moderate
6-11

Peripheral
12-16

My Authenticity Gap:

Low
1-30

Medium
31-59

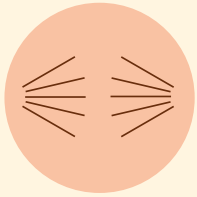
High
60+

Cosmos reflects your authentic desire to have a life organized around the tenets of your faith and/or your relationship with a higher power. What does your ranking tell you about yourself in this dimension?

.....

In today's world, it can be complicated to lead a life organized around God, faith, or a religious tradition. What (if anything) does your Authenticity Gap suggest about your desire to do so?

.....



The Values Bridge

Voice

Voice reflects your desire to express your authentic self—mind, body, and soul. Those with Core Voice yearn for creative expression in all they do, seeking to share their individuality without constraint. Those with lower Voice prefer a more private or understated approach, seeking lives where personal identity is less visibly on display.

My Ranking:

Core
1-5



Moderate
6-11



Peripheral
12-16

My Authenticity Gap:

Low
1-30



Medium
31-59



High
60+

Those with high Voice yearn for “wrap-around” creative self-expression, or put another way, uninterrupted authenticity in all contexts. Where does this value rank for you, and does that ranking resonate?

What is your response to your Voice Authenticity Gap? Frustration, delight, or something in between? Why?



The Values Bridge

Place

Place reflects your answer to the question, “Is there a specific location—or type of place—I truly want and need to live?” Core Place people feel deeply connected to a certain home, city, or environment and are driven to get and stay there. Those with lower Place feel they could live anywhere or simply prioritize other factors over location.

My Ranking:

Core

1-5

Moderate

6-11

Peripheral

12-16

My Authenticity Gap:

Low

1-30

Medium

31-59

High

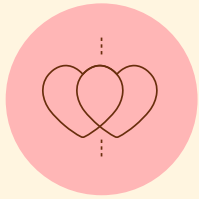
60+

Place is a value that reflects how much living in a specific location matters to us. How much does an established homebase appear to matter to you?

.....

A high Place Authenticity Gap suggests you're not yet where you want to be, literally. What does your gap say to you?

.....



The Values Bridge

Belovedness

Belovedness reflects how central a romantic partnership is to your life. For those high in Belovedness, love and commitment with a partner form the anchor around which everything else turns. Those lower in Belovedness may enjoy romance, but they do not let it define their choices or life direction.

My Ranking:

Core

1-5

Moderate

6-11

Peripheral

12-16

My Authenticity Gap:

Low

1-30

Medium

31-59

High

60+

Belovedness reflects your desire (or lack thereof) to organize your life around an intimate, partnered relationship. Because of cultural or personal narratives around romantic love, we can be very good at not knowing our true level of Belovedness. Did your ranking surprise you? Why or why not?

Reflect on your Belovedness Authenticity Gap. What does it reveal about the role of partnership in your life — does it align with what you truly want, or call for adjustment? Belovedness gains meaning in relation to your partner's; how have your levels harmonized or conflicted in past or current relationships?

Now that you've explored your results for each value, consider your Values Profile as a whole.

The Values Bridge *Reflection*

How do you feel about the values that ranked highest for you? Do they feel like a true reflection of who you are — or do they challenge how you see yourself?

.....

Were there any results that surprised you? A value ranked higher or lower than expected? A gap that felt wider or narrower than you thought? What do those surprises reveal about where you are in your journey?

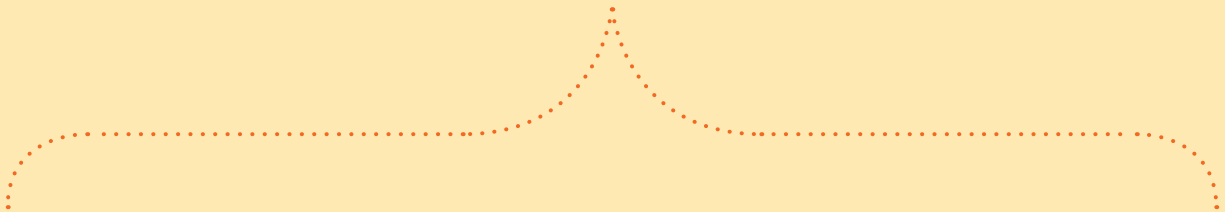
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The Values Bridge

Reflection

Which result felt the most affirming or empowering — and why? How might this insight give you new energy or clarity for the choices ahead?

Do your results inspire you to make any shifts — in your career, your relationships, your habits, or your priorities? If so, what change feels the most important to start with?



“Tell me, what is it you plan
to do with your one wild and
precious life?”

Mary Oliver
The Summer Day

Exploration

Authenticity Gap

The Authenticity Gap Score is a measure of the distance between how much a value is present in your current life and how much you want it to be present in your ideal life. The wider the gap, the more misalignment you may be experiencing — and the greater the opportunity for change.

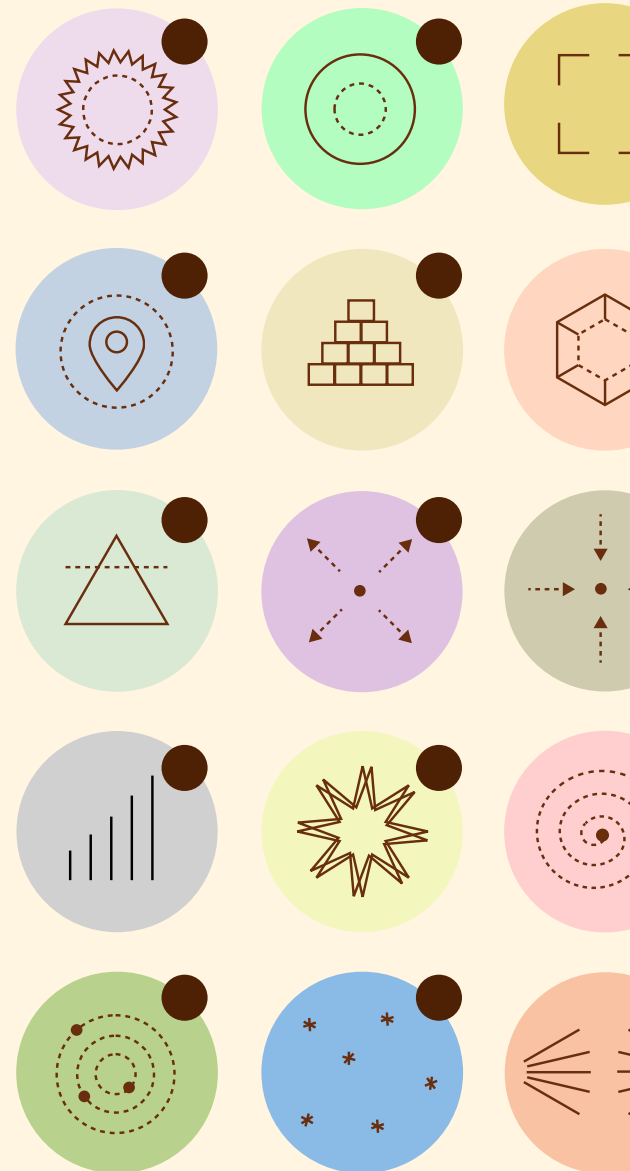
While most gaps reflect a shortfall — a value that feels under expressed — some of you may notice negative variances, where a value is showing up more than you'd like. These, too, can create tension, often in the form of imbalance, overextension, or misdirected energy. Both types of gaps are worth your attention.

In this section, you'll step back to examine your Authenticity Gaps as a whole. Which values feel furthest from being fully and appropriately lived? Where might those gaps be creating friction, dissatisfaction, or a persistent sense that something's off?

As you reflect, remember: not all gaps carry equal weight. A large gap in a Core value often signals deeper discomfort than a large gap in a Peripheral one. The significance of each gap is shaped not just by its size, but by the personal importance of the value itself.

You can revisit the details of each gap by clicking into any value on your Values Profile tab. Use that information to guide your reflection, and approach this section with honesty, curiosity, and care. This is where transformation begins.

For each of the sixteen values in your profile, you received an Authenticity Gap score.



Understanding Your Authenticity Gap Analysis

List each value below, in order from the highest Authenticity Gap to the lowest. Are any of your highest gaps on your core values?

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16		

If your Authenticity Gap score is negative, it means you want less of that value in your ideal life. Is that the case for any of your values? Why might they be showing up more than you'd like?

.....

Do any of your Authenticity Gap scores come as a surprise? Why?

.....

Which of your Authenticity Gap scores is giving you the biggest "uh oh" feeling? That is, which score is giving you the most concern, and why?

.....

Understanding Your Authenticity Gap Analysis

In addition to the individual Authenticity Gap scores for each value, you also received an overall Authenticity Gap and corresponding archetype.

Overall Authenticity Gap

.....
Corresponding Archetype

What was your immediate reaction to your archetype? Did it surprise you, resonate with you, or raise questions? Be honest — there's no right or wrong response.

Does your archetype reflect how your life feels now? Think about the past weeks or months. Do you feel at ease in your choices, or do you sense a disconnect between your actions and your deeper priorities?

Where in your life do you feel most aligned with your values? Identify the areas — work, relationships, health, creativity, etc. — where you're living in close harmony with what matters most to you.

Where do you feel the greatest tension or misalignment? Are there areas where you're compromising, hiding, or ignoring your values? What are the consequences — emotionally, mentally, or practically?

Understanding Your Authenticity Gap Analysis

If your archetype could speak to you, what would it say? What wisdom, warning, or encouragement might it offer about how you're currently living?

.....

What small step could bring you closer to alignment? Think about one behavior, habit, or mindset shift that could begin to close the gap.

.....

What would a life of deeper alignment look like? Visualize it. How would your relationships, choices, and sense of self change if your values were fully expressed?

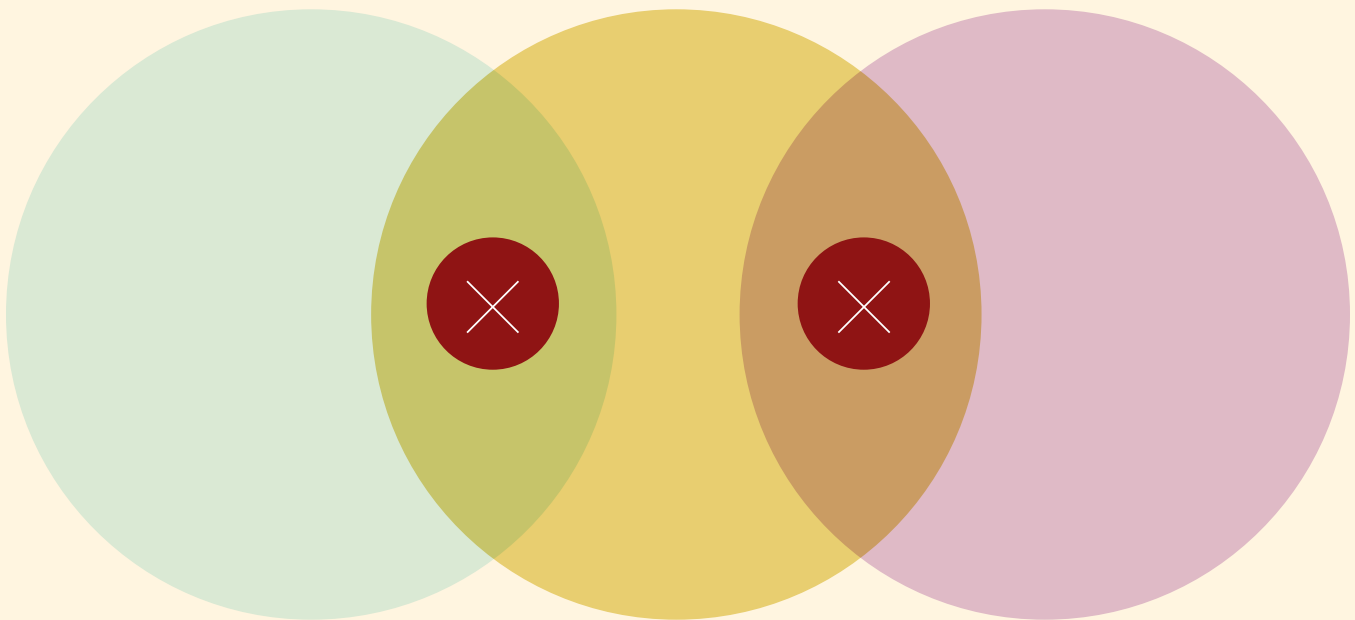
.....

What might be getting in the way? Are fear, inertia, obligations, or external pressures keeping you from living your values more fully? Can you name them?

.....

Understanding Your Values Conflicts

Even our most deeply held values can sometimes clash.



When two values pull you in different directions — say, Achievement and Familycentrism, or Affluence and Eudemonia — the result can be stress, indecision, or a lingering sense of dissatisfaction. These tensions are not signs that something is wrong. On the contrary, they're a natural part of being a complex, values-driven human living in a world of trade-offs and time limits.

The key is not to eliminate these conflicts outright — that would be impossible. It is to recognize them, and learn to navigate them with clarity and intention.

Your Values Bridge Assessment offers initial guidance on managing your top value conflicts. What follows is your opportunity to reflect more deeply — to personalize that guidance, uncover new insights, and begin shaping responses that resonate with the reality of your life.

In the pages ahead, you'll explore your top five values conflicts. You'll reflect on how these tensions play out and develop practical ways to work with them — day to day, and as your life continues to unfold.

Conflict 1:

Rank

&

Rank

How does this conflict show up in your life? Describe specific situations, decisions, or patterns where these two values seem to be at odds.

.....

Which value do you tend to prioritize — and why? Is that prioritization deliberate, habitual, or shaped by external pressures?

.....

What are the emotional consequences of this conflict? Do you feel guilt, anxiety, frustration, or regret when you lean into one value over the other?

.....

Are there certain environments or people that pull you more toward one value than the other? How do context and relationships influence the tension?

.....

Conflict 1: Continued

Can you recall a moment when you honored both values at once — even imperfectly? What made that possible? What can you learn from it?

What would a more integrated or balanced approach to these two values look like? Imagine a scenario where both values are respected. What shifts would be necessary?

What's the cost of continuing to manage this conflict the way you currently do? And what's the potential upside of trying a new approach?

If you could send a message to your future self about this values tension, what would it be? Think about what you'd want to remember or do differently as this pattern continues to arise.

Conflict 2:



&



How does this conflict show up in your life? Describe specific situations, decisions, or patterns where these two values seem to be at odds.



Which value do you tend to prioritize — and why? Is that prioritization deliberate, habitual, or shaped by external pressures?



What are the emotional consequences of this conflict? Do you feel guilt, anxiety, frustration, or regret when you lean into one value over the other?



Are there certain environments or people that pull you more toward one value than the other? How do context and relationships influence the tension?



Conflict 2: Continued

Can you recall a moment when you honored both values at once — even imperfectly? What made that possible? What can you learn from it?

What would a more integrated or balanced approach to these two values look like? Imagine a scenario where both values are respected. What shifts would be necessary?

What's the cost of continuing to manage this conflict the way you currently do? And what's the potential upside of trying a new approach?

If you could send a message to your future self about this values tension, what would it be? Think about what you'd want to remember or do differently as this pattern continues to arise.

Conflict 3:



&



How does this conflict show up in your life? Describe specific situations, decisions, or patterns where these two values seem to be at odds.



Which value do you tend to prioritize — and why? Is that prioritization deliberate, habitual, or shaped by external pressures?



What are the emotional consequences of this conflict? Do you feel guilt, anxiety, frustration, or regret when you lean into one value over the other?



Are there certain environments or people that pull you more toward one value than the other? How do context and relationships influence the tension?



Conflict 3: Continued

Can you recall a moment when you honored both values at once — even imperfectly? What made that possible? What can you learn from it?

What would a more integrated or balanced approach to these two values look like? Imagine a scenario where both values are respected. What shifts would be necessary?

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If you could send a message to your future self about this values tension, what would it be? Think about what you'd want to remember or do differently as this pattern continues to arise.

Conflict 4:



&



How does this conflict show up in your life? Describe specific situations, decisions, or patterns where these two values seem to be at odds.



Which value do you tend to prioritize — and why? Is that prioritization deliberate, habitual, or shaped by external pressures?



What are the emotional consequences of this conflict? Do you feel guilt, anxiety, frustration, or regret when you lean into one value over the other?



Are there certain environments or people that pull you more toward one value than the other? How do context and relationships influence the tension?



Conflict 4: Continued

Can you recall a moment when you honored both values at once — even imperfectly? What made that possible? What can you learn from it?

What would a more integrated or balanced approach to these two values look like? Imagine a scenario where both values are respected. What shifts would be necessary?

What's the cost of continuing to manage this conflict the way you currently do? And what's the potential upside of trying a new approach?

If you could send a message to your future self about this values tension, what would it be? Think about what you'd want to remember or do differently as this pattern continues to arise.

Conflict 5:



&



How does this conflict show up in your life? Describe specific situations, decisions, or patterns where these two values seem to be at odds.



Which value do you tend to prioritize — and why? Is that prioritization deliberate, habitual, or shaped by external pressures?



What are the emotional consequences of this conflict? Do you feel guilt, anxiety, frustration, or regret when you lean into one value over the other?



Are there certain environments or people that pull you more toward one value than the other? How do context and relationships influence the tension?



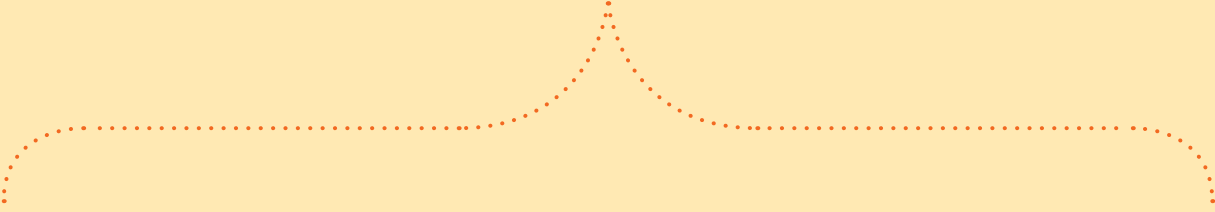
Conflict 5: Continued

Can you recall a moment when you honored both values at once — even imperfectly? What made that possible? What can you learn from it?

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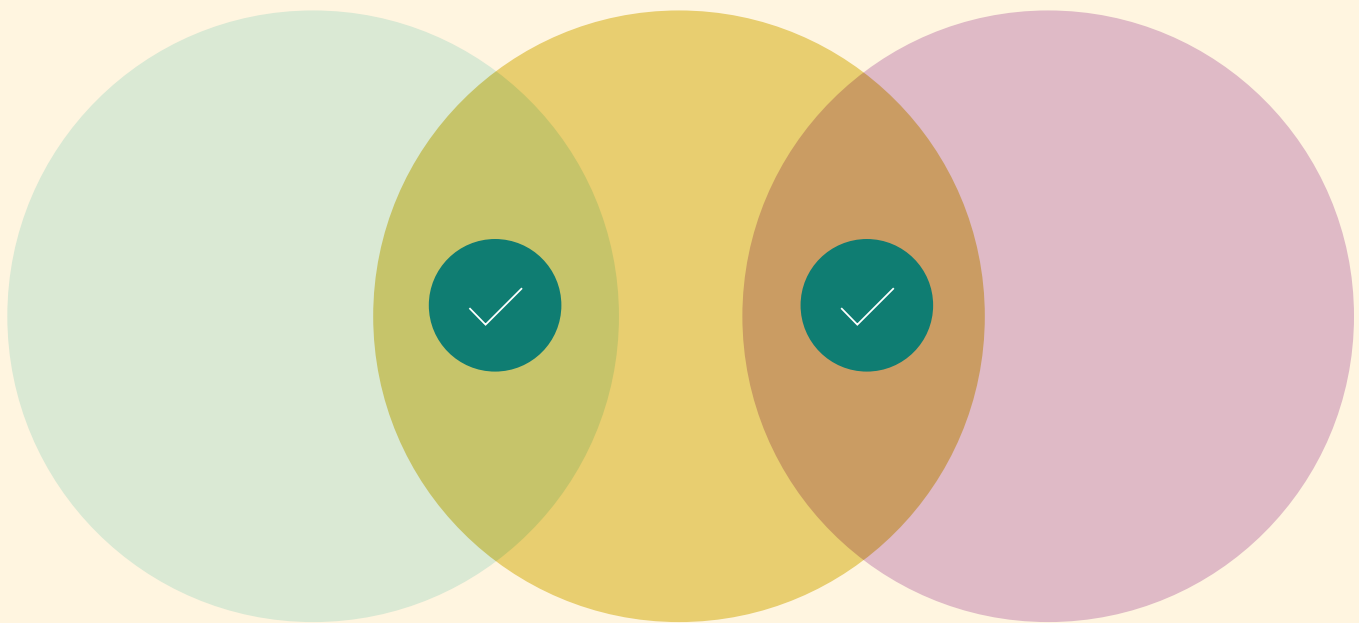


“The limits of my
language are the limits
of my world.”

Ludwig Wittgenstein

Understanding Your Values Harmonies

Just as some values naturally come into tension, others work together in powerful, reinforcing ways.



When two values are aligned — say, Workcentrism and Achievement, or Cosmos and Non Sibi — they can create a sense of ease, momentum, and coherence in your life. These are your values harmonies: the combinations that support and amplify each other, often making your choices feel more fluid and fulfilling.

Recognizing these harmonies is just as important as identifying your conflicts. They are the foundation of your strengths, the source of your internal alignment, and often the quiet engine behind your best decisions.

Your Values Bridge Assessment highlighted several harmonies in your profile. In the pages ahead, you'll take a closer look at your top five. You'll reflect on how these pairings show up in your life and how you might lean into them even more — using them as a guide for clarity, resilience, and growth.

Harmony 1:



&



How do these two values reinforce one another in your life? Describe a time when both values worked together to guide a choice, strengthen a relationship, or support your growth.

.....

What emotions or states tend to arise when you're living out this harmony? Do you feel energized, peaceful, confident, connected? What does it feel like when this harmony is active?

.....

In what areas of your life is this harmony most visible? Think about work, family, creativity, health, community — where do you see this pairing showing up most clearly?

.....

Are there specific habits, environments, or relationships that help activate this harmony? What conditions make it easier to live both values at once?

.....

Harmony 1: Continued

Is there a way you could lean into this harmony more fully? Where might this pairing offer guidance, clarity, or momentum in your current season of life?

How has this harmony shaped your past decisions or life path? Looking back, how has the synergy between these two values helped define who you are or how you've navigated change?

What could threaten or disrupt this harmony, even unintentionally? Are there behaviors, mindsets, or external pressures that could throw it out of balance?

If you were to teach someone how to live this harmony well, what advice would you give? Turn your insight into wisdom: what would you say to a friend trying to embody both values together?

Harmony 2:



&



How do these two values reinforce one another in your life? Describe a time when both values worked together to guide a choice, strengthen a relationship, or support your growth.

.....

What emotions or states tend to arise when you're living out this harmony? Do you feel energized, peaceful, confident, connected? What does it feel like when this harmony is active?

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In what areas of your life is this harmony most visible? Think about work, family, creativity, health, community — where do you see this pairing showing up most clearly?

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Are there specific habits, environments, or relationships that help activate this harmony? What conditions make it easier to live both values at once?

.....

Harmony 2: Continued

Is there a way you could lean into this harmony more fully? Where might this pairing offer guidance, clarity, or momentum in your current season of life?

How has this harmony shaped your past decisions or life path? Looking back, how has the synergy between these two values helped define who you are or how you've navigated change?

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Harmony 3:



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Are there specific habits, environments, or relationships that help activate this harmony? What conditions make it easier to live both values at once?

.....

Harmony 4: Continued

Is there a way you could lean into this harmony more fully? Where might this pairing offer guidance, clarity, or momentum in your current season of life?

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Harmony 5:



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What emotions or states tend to arise when you're living out this harmony? Do you feel energized, peaceful, confident, connected? What does it feel like when this harmony is active?

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Are there specific habits, environments, or relationships that help activate this harmony? What conditions make it easier to live both values at once?

.....

Harmony 5: Continued

Is there a way you could lean into this harmony more fully? Where might this pairing offer guidance, clarity, or momentum in your current season of life?

How has this harmony shaped your past decisions or life path? Looking back, how has the synergy between these two values helped define who you are or how you've navigated change?

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If you were to teach someone how to live this harmony well, what advice would you give? Turn your insight into wisdom: what would you say to a friend trying to embody both values together?

Values IRL

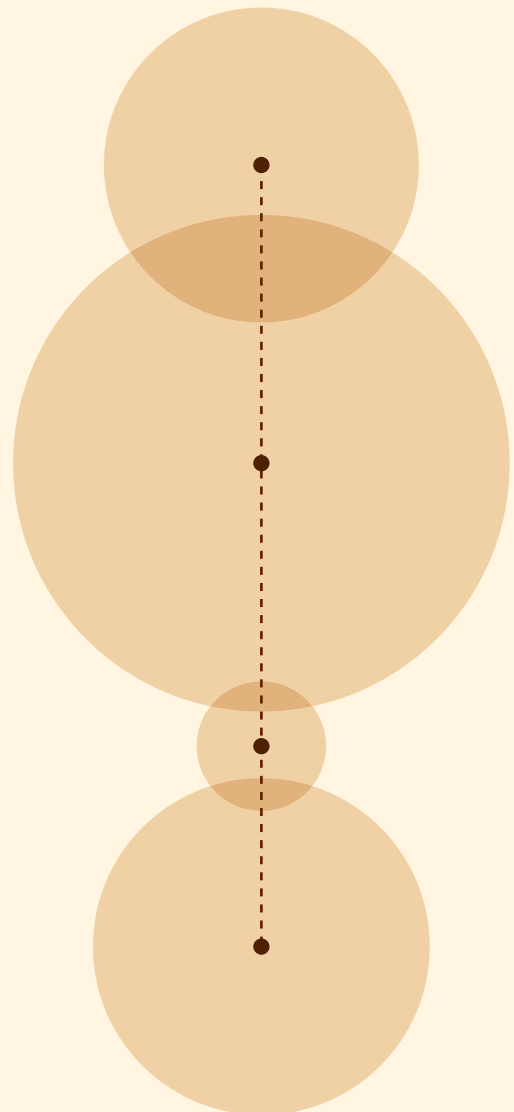
It's A Matter of Time

We often believe we're living by our values — but when we look closely, our calendars may tell a different story.

Most of us move through our days focused on getting things done, rarely pausing to examine how we're spending our most limited resource: time. This exercise is designed to change that. By tracking your activities and connecting them to the values that drive them, you'll begin to see whether your daily life reflects what matters most to you — or whether there's a disconnect worth exploring.

On the left side of the page, log your daily activities as they happen. Then, on the right, note the value (or values) motivating each one. Remember: the same activity can stem from different values depending on your mindset. A workout might be about joy and vitality (Eudemonia), body image (Beholderism), or discipline (Workcentrism). A work meeting might be about earning income (Affluence), pursuing social impact (Radius), or simply loving the challenge (Achievement).

There are no right or wrong answers — just honest ones. By the end of the week, you'll have a clearer picture of how your time aligns with your values — and where it might be time to recalibrate.



Values IRL: It's A Matter of Time

Day

1

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

🕒 8am

🕒 9am

🕒 10am

🕒 11am

🕒 12am

🕒 1pm

🕒 2pm

🕒 3pm

🕒 4pm

🕒 5pm

🕒 6pm

🕒 7pm

🕒 8pm

🕒 9pm

🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Day

2

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

🕒 8am

🕒 9am

🕒 10am

🕒 11am

🕒 12am

🕒 1pm

🕒 2pm

🕒 3pm

🕒 4pm

🕒 5pm

🕒 6pm

🕒 7pm

🕒 8pm

🕒 9pm

🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Day

3

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

🕒 8am

🕒 9am

🕒 10am

🕒 11am

🕒 12am

🕒 1pm

🕒 2pm

🕒 3pm

🕒 4pm

🕒 5pm

🕒 6pm

🕒 7pm

🕒 8pm

🕒 9pm

🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Day

4

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

🕒 8am

🕒 9am

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🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Day

5

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

🕒 8am

🕒 9am

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🕒 9pm

🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Day

6

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

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🕒 9pm

🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Day

7

Activity

Value Reflected

🕒 12am

🕒 1am

🕒 2am

🕒 3am

🕒 4am

🕒 5am

🕒 6am

🕒 7am

🕒 8am

🕒 9am

🕒 10am

🕒 11am

🕒 12am

🕒 1pm

🕒 2pm

🕒 3pm

🕒 4pm

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🕒 10pm

🕒 11pm

Values IRL: It's A Matter of Time

Looking at the breakdown of how you spent your time each day for the last week, which values seem to be steering the ship? Where do they fall in your ranking: core, moderate or peripheral?

.....

Does the seven day period you tracked reflect a typical week in your life or are you in a season where certain values have to be prioritized over others that normally drive your life?

.....

Did the dominance (or not) of any value surprise you? Is it showing up more or less than you expected?

.....

Values IRL: It's A Matter of Time

How might you adjust your schedule to make time for any core values that you're not seeing as much as you would like? What can you let go of to make room for more fulfilling activity?

Are you seeing someone else's values throughout your schedule? Maybe a parent, partner, or the voice in your head with a different idea of who you should be?

Where might you be able to employ mindset shifts or subtle changes to realign the activities you already do with your values?

Unlocking You Now and Tomorrow

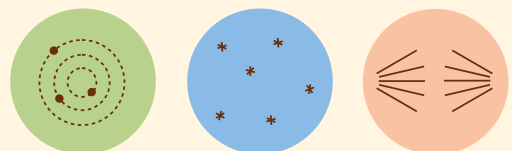
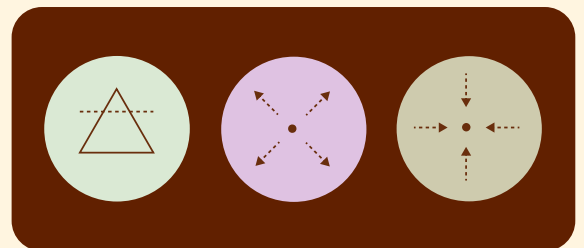
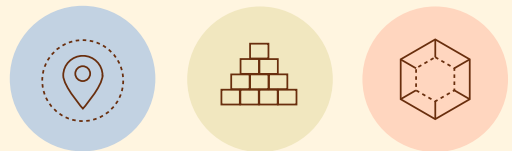
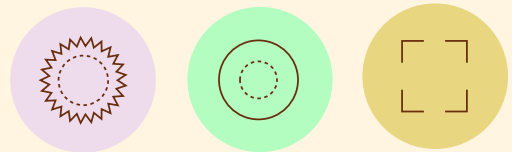
Insight is powerful — but change is where the real transformation happens.

By now, you've explored your values, surfaced conflicts, celebrated harmonies, tracked your time, and made intentional shifts in how you show up in your life. Whether those changes have been bold or subtle, they matter. And they deserve to be acknowledged.

The Values Bridge isn't a one-time snapshot — it's a tool for ongoing reflection and realignment. That's why we invite you to return to it in a few months. After you've had time to integrate what you've learned, retake the assessment. Then, use the pages that follow to track what's changed: in your values profile, in your Authenticity Gaps, and most importantly, in how your life feels.

The goal isn't perfection. It's progress. These final exercises are here to help you ground that progress in reflection — to notice what's different, what's working, and what still needs attention. It's a way of keeping the work real, and keeping yourself honest.

This is how lasting change begins — not all at once, but one deliberate step at a time.



Date:**Overall Authenticity Gap:**

#1 Value:

Authenticity Gap:

#2 Value:

Authenticity Gap:

#3 Value:

Authenticity Gap:

#4 Value:

Authenticity Gap:

#5 Value:

Authenticity Gap:

Date:**Overall Authenticity Gap:**

#1 Value:

Authenticity Gap:

#2 Value:

Authenticity Gap:

#3 Value:

Authenticity Gap:

#4 Value:

Authenticity Gap:

#5 Value:

Authenticity Gap:

Date:**Overall Authenticity Gap:**

#1 Value:

Authenticity Gap:

#2 Value:

Authenticity Gap:

#3 Value:

Authenticity Gap:

#4 Value:

Authenticity Gap:

#5 Value:

Authenticity Gap:

Date:**Overall Authenticity Gap:**

#1 Value:

Authenticity Gap:

#2 Value:

Authenticity Gap:

#3 Value:

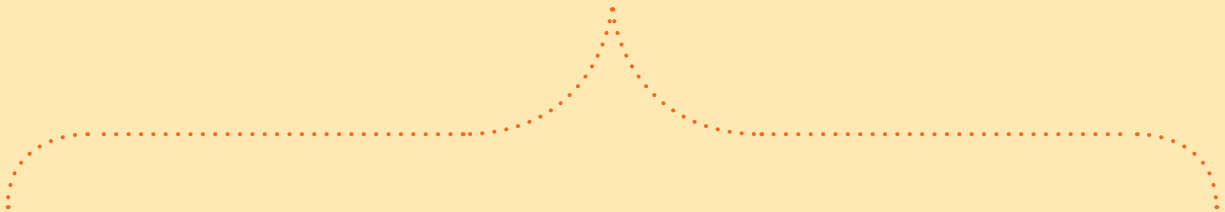
Authenticity Gap:

#4 Value:

Authenticity Gap:

#5 Value:

Authenticity Gap:



“Joy comes from possessing
the good that you seek.”

Thomas Aquinas

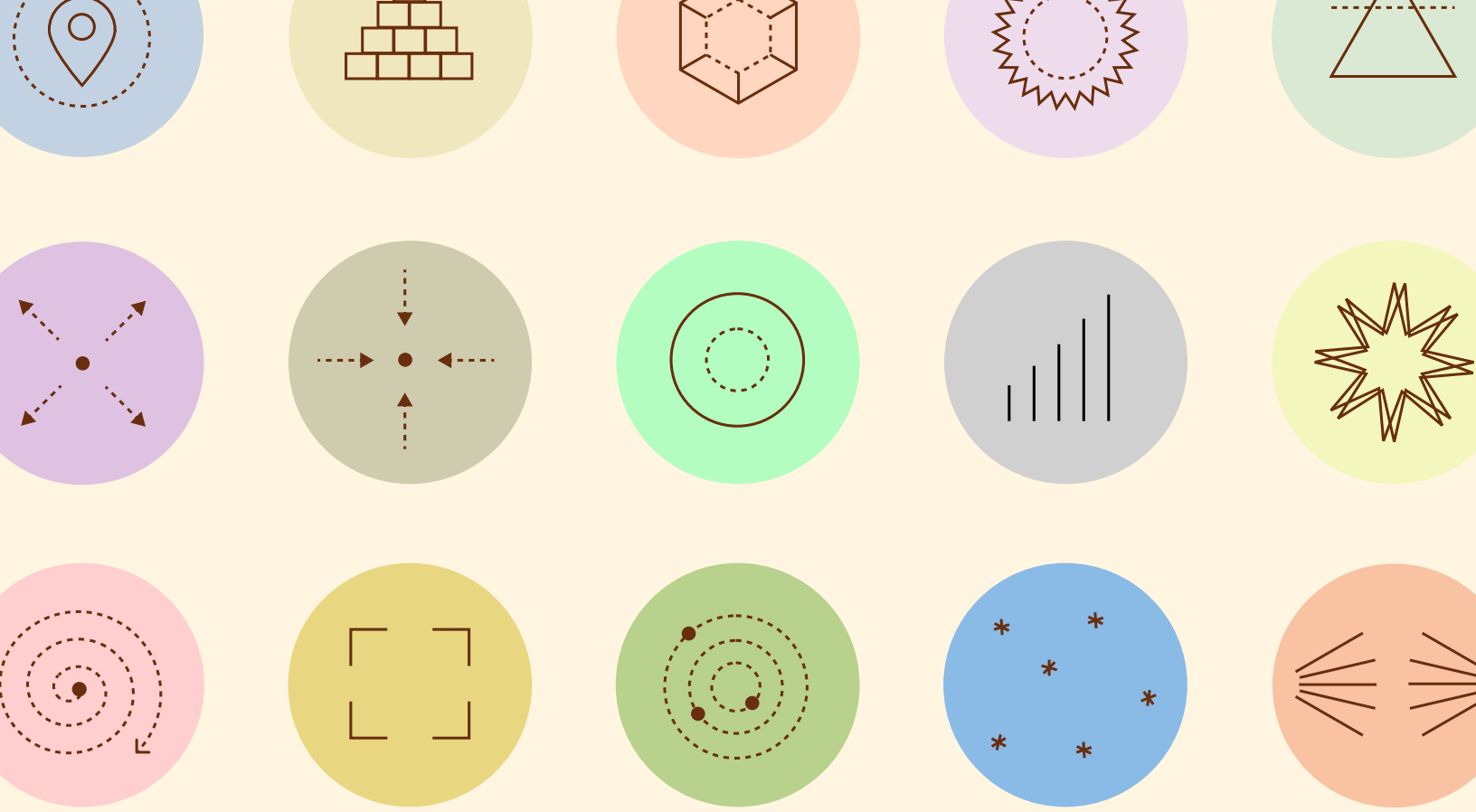
Final Reflections

What changed in your Values Bridge profile — and why do you think it changed? Consider shifts in your value rankings, Authenticity Gaps, or overall archetype.

What experiences or choices might have contributed? What changes did you intend to make — and which ones actually happened? Reflect on where your intentions aligned with action, and where they may have fallen short.

How has your relationship to your values evolved? Do you feel more aware, more aligned, or more confident in living according to what matters most to you?

What's the next small step you want to take toward greater alignment? After all this work, what still feels unfinished — and what's one meaningful move you can make now?



*Learn more about
Becoming You:*



The Values Bridge

Becoming You Labs