

Values Worksheet

Significance of focusing on your values:

Your values are some of the fundamental building blocks that make you who you are. When you are thinking and acting from a place that is aligned with your values, it is so much easier for you to make decisions, believe in yourself, and feel confident.

When we lose confidence in ourselves, it has a lot to do with doubt and fear. These feelings can be inspired by many things, but it usually boils right down to being worried about how we come off to others. When you are not sure if you're acting in alignment with your values, or you've lost sight of them over time, then this worry can become so large that it impacts every social interaction.

When you are aligning with your values you're aligning with yourself. You have your own back. You acknowledge who you are. You act in ways that feel "right." You attract people that make sense for you, and you them. You hold your own. You take up space.

These questions are designed to create awareness, and give you an easy first step into improving your confidence. Post this on the wall where you tend to hang out, or review it each morning! You can always feel free to reach out with questions or insights, I would love to hear what areas of life this exercise helped with most.

Are you ready?

Pick your top 5 values. What is most important to you?

1.

2.

3.

4.

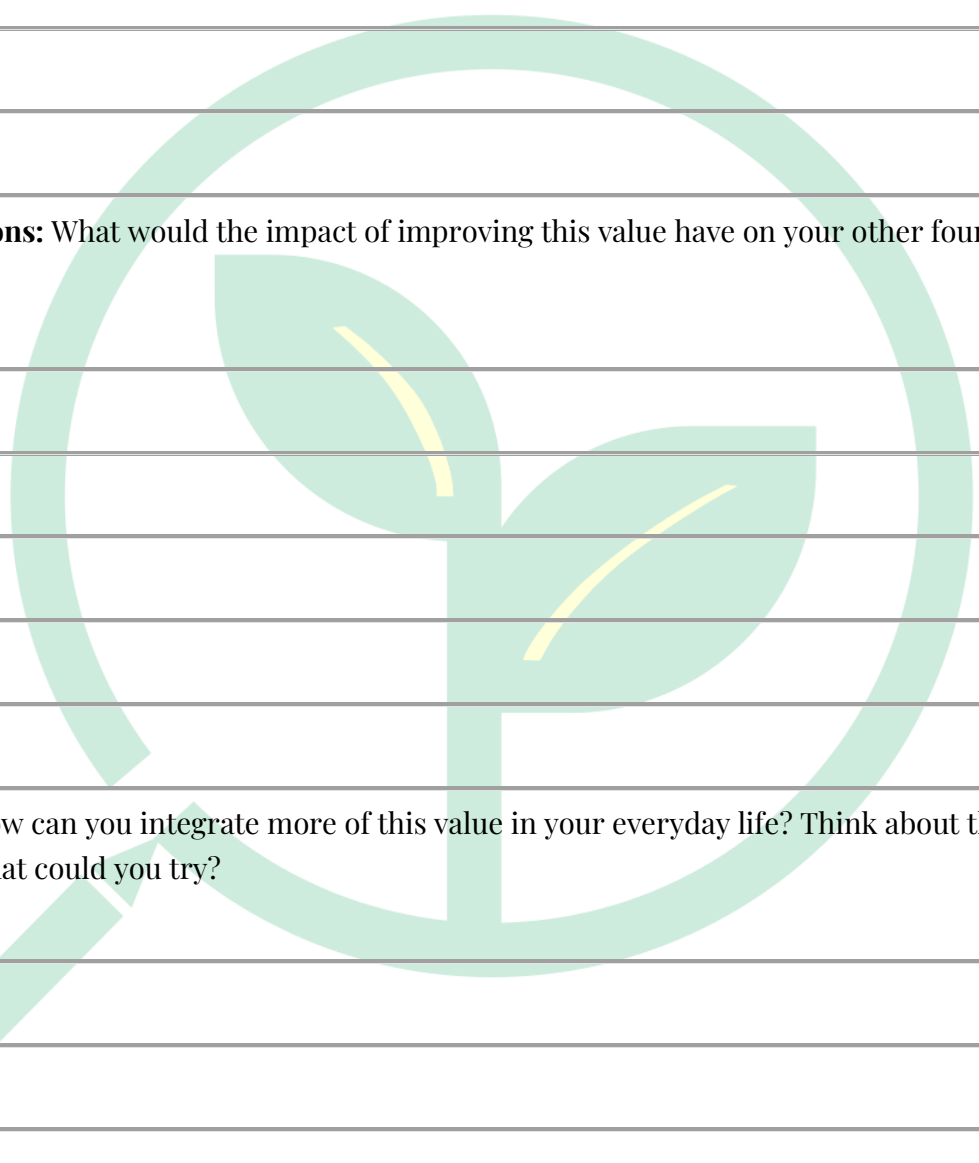
5.

Then circle the easiest one to start having more of in your life.

Make Connections: How would engaging with this value more, impact your life? Be as specific as possible. (Think friends, family, work, physical health, mental health, physical space, etc.)

Make Connections: What would the impact of improving this value have on your other four values?

Make a plan: How can you integrate more of this value in your everyday life? Think about the next 30 days, what could you try?



After trying this for a week or two, don't forget these things; be kind and graceful with yourself. Reflect on what worked, what didn't, and what else you could try. Try some more.

Thank you so much for spending your time and energy with me. I really truly believe that everyone has the capacity to become more confident, and get even more out of life. If this is the life you've got, why *not* imagine and strive for all the ways you could grow? I support you 100%.

If this has been helpful, and you're looking for more ways to work with me, feel free to send me an email. I currently have spaces available for a few more one on one clients, so don't hesitate to reach out. I wish you all the best on your confidence journey!

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Instagram: [@FindyourCadenceCoaching](https://www.instagram.com/FindyourCadenceCoaching)

Book a call: www.cal.com/FindyourCadence

