

A S S E M B L Y

V A L U E S

WHY IDENTIFYING + EXPRESSING OUR VALUES IS IMPORTANT:

Finding out what our core values are is an important process. Having a core set of values to underpin how we move in the world anchors us and keeps us tuned into the essence of who we really are so we can operate with integrity and alignment.

Our values should be qualities that are truest to us, that reflect who we are when we are most healthy and can bring us back home to ourselves when we need to make important decisions, communicate or work out a way forward.

Expressing our values can happen in many ways. When we don't have an outlet for expressing our values; through our work, hobbies, relationships etc. we aren't able to honour the parts of ourselves that are core to our fulfilment which can lead to disappointment, regret and shame.

WHAT ARE YOUR CORE VALUES? (use the list of values in the page below as a guide)

WHERE ARE YOUR VALUES BEING EXPRESSED WELL AT THE MINUTE?

WHERE ARE YOUR VALUES NOT BEING EXPRESSED IN GREAT FULLNESS AT THE MINUTE?

AN EXERCISE TO HELP YOU TAKE ACTION:

In the boxes below, you have an opportunity to set intentions for ways in which you can express your core values more fully.

Write down your values in the left column, how you would rate their expression in your life right now through your work, your hobbies, family, relationships etc. in the next and then finally write down some of the ways that you might be able to update your expression of these values so you can feel more aligned.

*e.g. **VALUE:** Simplicity **RATE OF EXPRESSION:** 5/6 (House is too cluttered to be able to focus; mornings are chaotic; too much mindless scrolling. **HOW I CAN UPDATE THIS:** Do a purge of all the things that are causing clutter in the house and donate. Create a better morning rhythm and write it down. Cut down on scrolling time - use an app to help do this.*

VALUE

RATE OF EXPRESSION

HOW I CAN UPDATE THIS

WRITE A PERSONAL MINI DECLARATION BASED ON YOUR VALUES:

e.g. To bring my truest self to the world, I promise to value simplicity, pursue opportunities to make a difference and be a woman who honours her creativity.

VALUES

Accountability
Achievement
Adaptability
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Caring
Collaboration
Commitment
Common sense
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Dignity
Diversity
Efficiency
Equality
Excellence
Fairness
Faith
Family
Forgiveness
Freedom
Friendship
Fun
Generosity
Giving back

Grace
Gratitude
Growth
Health
Home
Honesty
Hope
Humility
Humour
Inclusion
Independence
Integrity
Intuition
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Love
Loyalty
Making a Difference
Motivation
Openness
Optimism
Order
Patience
Peace
Perseverance
Power
Pride

Reliability
Respect
Resourcefulness
Responsibility
Risk-taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Success
Teamwork
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Well-being
Wholeheartedness
Wisdom
Others:
