

A free guide to Discover Your Core Values

Looking for a better decision-making method?

This Values step-by-step guide will help you prioritize what truly matters, feel more at peace with your decisions and set the right boundaries for you.



Dear Reader,

Welcome,

Before we talk about goals, change, purpose, or what comes next, I'd like to start somewhere simpler:

Your values.

Not the values you think you should have.
Not the values that sound impressive.
Not the values you've inherited from family, culture, or the environment around you.

Your values.

The ones that guide your decisions.
The ones that influence how you spend your time, energy, and attention.
The ones that help you create a life that feels aligned with who you are.

I've learned that when we are clear on what truly matters to us, life becomes easier to navigate. Decisions feel clearer. Boundaries become easier to set. We spend less time trying to meet other people's expectations and more time making choices that feel right for us.

This workbook is an invitation to pause and reconnect with what matters most to you.

There are no right or wrong answers.
No perfect set of values to discover.

Just an opportunity to reflect, explore, and perhaps learn something new about yourself. I hope these exercises spark meaningful reflections and perhaps even a few surprising discoveries.

And yes, if you'd like to do them with a friend, partner, or colleague—even better.

Some of the best conversations start with a simple question: **What truly matters to you?**

Enjoy the journey.

Adis Sophie



Discover What Truly Matters

Your values are your compass for decisions, boundaries, and fulfillment. This exercise helps you uncover what is most essential to you.

HOW IT WORKS

- 1. List Your Top 20**
Scan the values list and circle every value that resonates. Trust your instincts: aim for 20.
- 2. Narrow to Top 10**
From your 20, mark the 10 that feel most essential to how you want to live your life.
- 3. Choose Your Top 3**
These are your non-negotiables, your guiding stars. The 3 values at your very core.

ACTION TIP

Keep your top 3 values visible every day. When facing a decision, ask yourself:

"Does this choice honor my values?"

YOUR VALUES LIST

Choose What Resonates With You

Circle what resonates · Mark your top 10 · Fill in your top 3

PERSONAL GROWTH & MINDSET

Adaptability	Ambition	Authenticity	Balance	Being the Best
Clarity	Confidence	Contentment	Courage	Creativity
Curiosity	Dignity	Excellence	Growth Joy	Humility Knowledge
Humor	Initiative	Integrity	Resilience	Self-Discipline
Learning	Optimism	Fulfillment	Wisdom	Wholeheartedness
Self-Respect	Serenity	Vision		

RELATIONSHIPS & CONNECTION

Belonging	Caring	Collaboration	Commitment	Community
Compassion	Connection	Cooperation	Family	Friendship
Inclusion	Kindness	Loyalty	Love	Parenting
Respect	Service	Teamwork	Understanding	Uniqueness

ETHICS & PRINCIPLES

Altruism	Accountability	Equality	Ethics	Fairness
Faith	Forgiveness	Justice	Stewardship	Truth
Vulnerability				

WORK, ACHIEVEMENT & CONTRIBUTION

Achievement	Career	Competence	Contribution	Dedication
Efficiency	Leadership	Making a Difference	Recognition	Reliability
Resourcefulness	Success	Usefulness	Wealth	

FREEDOM, LIFESTYLE & ENJOYMENT

Adventure	Beauty	Fun	Leisure	Nature
Openness	Order	Risk-Taking	Simplicity	Sportsmanship
Time	Tradition	Travel		

HEALTH & WELL-BEING

Environment	Financial	Health	Home	Safety
Security	Stability			
	Well-Being			

EMOTIONAL & SPIRITUAL

Faith	Grace	Gratitude	Hope	Inner Peace
Intuition	Love	Peace	Pride	Spirituality

My Values Final Reflection

Transfer your selections below. These become your personal compass.

STEP 1

My Top 20

Values that resonated most.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

STEP 2

My Top 10

Most essential from your 20.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

STEP3- NON-NEGOTIABLE

My Top 3

Your guiding stars.

1. _____
2. _____
3. _____

DAILY REMINDER

"Does this choice honour my values?"

REFLECTION

What do these values reveal about who you are?

What's Next?

Take your next steps

Life doesn't come with a manual.

But knowing your values can give you something just as useful: a compass.

A compass for decisions.

A compass for change.

A compass for creating a life that feels more intentional and aligned with who you are.

I hope this workbook helps you discover a little more about what truly matters to you. And if you'd like to continue the journey, I'd love to welcome you to one of our Design Your Life workshops or retreats.

CONNECT WITH US

Still unsure if this is the right fit for you?

We invite you to book a **FREE 20-minute clarity Call**, a safe space to share your story and discover which program works best for you.

Simply book a call

