



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 40 Action Guide: Core Values

Values are what create satisfaction, fulfillment and purpose in our lives. A value is any quality, experience or way of engaging with life that fills us up, gets our blood going, and nourishes our soul. Essentially, a value can be anything that makes our heart come alive.

Typically, values are not simply activities. For example, your heart may come alive when you are playing with your children, or talking with close friends. But “playing with your children” or “talking with friends” are not values, they are activities.

Values are what is happening in the midst of the activity that is nourishing your soul or giving your life meaning, like Playfulness or Connection.

To get you started on this path, follow the instructions and complete the exercises below:

Identify important, peak moments when life was especially rewarding or significant. Make sure the timeframe is limited to a “moment.” Now, write about what was happening, how you felt, what was present, what was said, and what the values were that were being honored in this experience. Go back and circle key words that stick out to you from your processing.



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Often, our values are so innate that we honor them without even being aware that we are doing so. So, another way to identify our core values is to look at times when something got in the way of a value being expressed. When a value is suppressed, we likely become upset or distressed. Think of a moment when you were distressed or upset, write about the feelings you experienced, then flip it over and look for the opposite of those feelings. For example, you might say, "I felt trapped, backed into a corner. I had no choices." When you flip that over, it sounds like there might be a value around Freedom or Options or Choice. Go back and circle key words that stick out to you from your processing.

Now, list your core life values (about 14-20). Some examples of life values are: Connection, Beauty, Freedom, Adventure, Accomplishment, just to name a few. Anything that is important to you can be a value.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)



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After each value, write 2-3 words that describe this value personally for you.
Make it your own.

Prioritize your values in order of importance in your life currently. Then, on a scale of 1-10, rate how fully you're living each value out in your life today? (1 = not so much, 10 = all the time)