



# VALUES SETTING WORKBOOK

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## Table of Contents

### Introduction

**Values Step 1** – Life Experience Review

**Values Step 2** – Brain Blossoming

**Values Step 3** – Review and Condense

**Values Step 4** – Prioritization

**Values Step 5** – Review and Wrap-up

## Introduction

The [Onward Movement](https://www.facebook.com/groups/onwardmovement) seeks to inspire you and at least 10,000 others to bravely embrace authenticity and release the fear of judgment so you can create the life of your dreams with confidence. We all deserve to create a life we **LOVE** living and it's possible! You can join the Onward Movement here: <https://www.facebook.com/groups/onwardmovement>. This values setting exercise is part of the Widen step of the Onward Movement Roadmap.

This workbook helps you identify your personal values – what's most important to you in life. **Why does this matter?** Well, our values influence what we do, how we think and how we feel about the world around us. When we do or see things that go against our values we feel sad, bad or get mad! And when we live life in a way that aligns with our values we feel great - we're authentic, fulfilled, and happy!

**Knowing your values also enables you to understand what drives and motivates you AND clarifies what you may want to avoid** in life. Once clear on your values, you can make informed life changes - because you'll be able to choose roles, activities, and people that support and enhance your values - and avoid those that contradict them.




**Your values may change over time - and develop as you change.** You may also identify some **core values that don't change over time.** If you're training for a marathon or trying for a baby your value of "health" may be at the top of the list. But if you're going back to school then "learning" or "curiosity" might be up top somewhere! If you're planning to retire or change jobs, knowing your values will help you make aligned decisions. Your values are always moving with you. Something you loved in your twenties won't appeal in the same way in your forties and so on. This is why we sometimes 'outgrow' a job, activity or role that initially suited us. This exercise will give you your values "for now" and, perhaps, some core values.



**Values Step 1 – Life Experience Review**

This first exercise is simply to think about your life experience and use this to drive out some initial value ideas.

1. In the boxes below, simply write a list of a few things you Love, Like, Tolerate and Dislike in each life area.
2. It doesn't matter how big, small, personal or even silly each item may seem – this is about how you FEEL and what made a difference to your EXPERIENCE of life. You can continue on a separate sheet if you like.



	LOVE	LIKE	TOLERATE	DISLIKE
<b>As a young child</b>	• • • •	• • • •	• • • •	• • • •
<b>As a teenager</b>	• • • •	• • • •	• • • •	• • • •
<b>As an adult</b>	• • • •	• • • •	• • • •	• • • •
<b>At work</b>	• • • •	• • • •	• • • •	• • • •
<b>At home / leisure</b>	• • • •	• • • •	• • • •	• • • •

What values and common themes do you notice? \_\_\_\_\_

\_\_\_\_\_

If the things you tolerate/dislike are your values NOT being met, what values might you have?

\_\_\_\_\_

\_\_\_\_\_

### Values Step 2 – Brain Blossoming

This brain blossoming exercise is for you to learn about the REAL you so allow at least 30 minutes.

1. Aim for a list of 30-40 things which answer the question: "What's most important to me in life?"
2. Revisit your list after a minimum of 24 hours and write down anything else that comes to you.

**DON'T:**

- Worry about whether it's a 'value' right now, just use whatever words or phrases spring to mind!
- Judge your answers - or 'cherry-pick' values you think you should have!

**DO:**

- Consider some times when you've become angry/upset (often a value NOT being met).
- Think about times when you've been really happy or enjoying yourself (often a value being met).
- Consider words or themes that come up a lot for you as they may be important!

1. ....	15. ....	29. ....
2. ....	16. ....	30. ....
3. ....	17. ....	31. ....
4. ....	18. ....	32. ....
5. ....	19. ....	33. ....
6. ....	20. ....	34. ....
7. ....	21. ....	35. ....
8. ....	22. ....	36. ....
9. ....	23. ....	37. ....
10. ....	24. ....	38. ....
11. ....	25. ....	39. ....
12. ....	26. ....	40. ....
13. ....	27. ....	
14. ....	28. ....	

### Values Step 2b – Brain Blossoming (wrap-up)

To wrap-up your brain blossoming, AT LEAST a week after completing Step 2, complete these final actions:

- Review your brain blossomed list from Step 2 and **add any new items** that have come up since.
- Anything you can DO or HAVE is probably not a value: Look over your brain blossomed items and if it is **something you can do or have ask, "What does that give me?" until you get to the value underneath.** Eg. Travel could be Adventure and/or Learning, Color could be Beauty and Food could be Fun or Community. Cross out the old word and write your new "value" word in the same spot.

### Values Step 3 – Review and Condense

Next we want to review and condense the values, ideas and words you've come up with so far – to about 5 key factors or values that you will work with going forward.

- 1) Now **look for and group similar items** together.
- 2) Finally, **pick the most meaningful word** from each group to place at the front and place all the similar items after the most meaningful word, separating each item with a ' / ' and list them below.  
**For example:** If Integrity was your most meaningful word, then honesty, trust and truth might all fit alongside like this: **Integrity**/honesty/trust/truth

**NOTE:** Don't worry about putting your Top 5 items in priority order - we'll do the prioritization next in Step 4.



#### My Top 5 Values

1. ....
2. ....
3. ....
4. ....
5. ....

**Values Step 4 – Prioritization**

Now this part – the prioritization – takes a bit of thought. And it's worth it, because this is where you get to see what's REALLY important to you. You may be surprised by your final value priorities - and if so that's great, because now you'll have a new *more meaningful* way of looking at your life.

- 1) Using just the first word from your Top 5 list items in Step 3, roughly prioritize your list in the left-hand column below (QUICKLY – this a 1 minute job!).
- 2) Now, take the first value (A) on your list below and compare it to the second item (B). Do this by answering this question below:



**"If I had to choose between having (A) and NOT (B),  
OR having (B) and NOT (A) for the rest of my life - which would it be?"**

You're going to be without one of these *forever* - **use your heart to mindfully choose.**

- 3) If (A) wins, compare (A) to the next item (C) on your list. Use the same question, "Would I rather have (A) and NOT (C), or (C) and NOT (A) *for the rest of my life*?"
- 4) Keep working your way down the list until an item beats A.
- 5) If you get to the bottom of your list and nothing beats (A), then (A) is your top value: Write (A) in the number (1) spot in the right-hand column and start the process again with (B).
- 6) If an item, say (D) beats (A), simply continue the question process down the list using the new 'most important' value (D). Continue from where (A) got to/if (A) beat all the items above then (D) will too!
  - If you get to the bottom of the list and nothing beats (D), then (D) is your top value: Write (D) in the number (1) spot in the right-hand column.
  - Then return to (A) and repeat the process down the list to see if (E) beats (A).
  - If (A) now beats all your other values, it is your second most important value: Place it in the number (2) spot.
- 7) Repeat this process until you have a prioritized order for your values.

*Note: If you have questions, please just ask me! You can email me at [emily@emilyharman.com](mailto:emily@emilyharman.com) or schedule a meeting here: <https://calendly.com/emilyharman/spotlight-networking-call>.*

**My Initial Top 5 Values**

- A. ....
- B. ....
- C. ....
- D. ....
- E. ....

**My Final Prioritized Top 5 Values**

- 1. ....
- 2. ....
- 3. ....
- 4. ....
- 5. ....

**Values Step 5 – Review and Wrap-up**

Congratulations! You now have your Top 5 Personal Life Values! Here are some final questions to help you improve your life and gain the most from completing this workbook.



1. What did you **learn about yourself** during this Values exercise?

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2. What were your biggest **surprises**? .....

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.....

.....

3. What could you do differently to align your life (even) more with your values?

- What could you **stop** doing? .....
- What could you **do less** of? .....
- What could you **do more** of? .....
- What could you **continue** doing? .....
- What could you **start** doing? .....

4. What is **ESSENTIAL** to have in your life? .....

5. What must you **AVOID** in your life? .....

6. Finally, what would have happened **in 3 years time** so that you're living a life you absolutely **LOVE** living? .....

.....

.....

.....



***Congratulations. You've finished!***



Please use the space below to brain blossom or make notes:

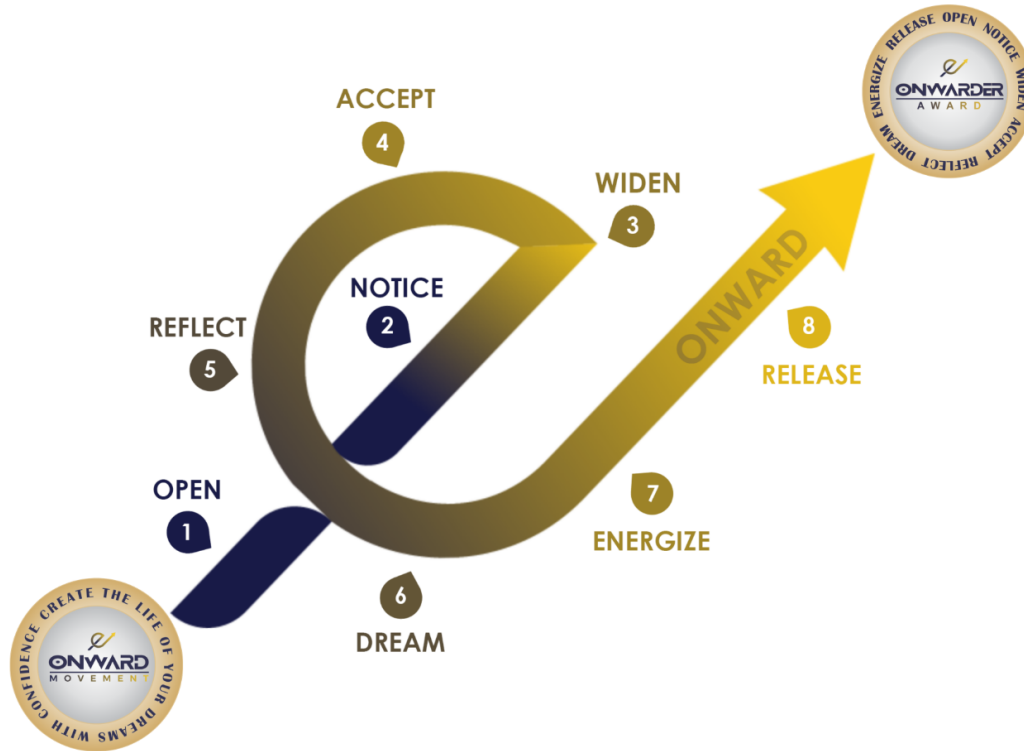
**Remember** that your values may change over time - just as you do!

So, feel free to return to this workbook at any time to redo or simply review your values. Especially if you're looking for ideas, or are feeling bored, tired, fed up or frustrated in your life.

*If you have questions, please just ask me! You can email me at [emily@emilyharman.com](mailto:emily@emilyharman.com) or schedule a meeting here: <https://calendly.com/emilyharman/spotlight-networking-call>.*

## THE ONWARD MOVEMENT ROADMAP

The Onward Movement seeks to inspire you and at least 10,000 others to bravely embrace authenticity and release the fear of judgment so you can create the life of your dreams with confidence.



**O**pen Congratulations! You've opened your mind and prepared to be authentic and vulnerable as you embark upon your unique transformational journey to create the life of your dreams.

**N**otice You've noticed the recurring patterns throughout your life. You're becoming more aware have noticed your beliefs about the "shoulds" in your life. You're noticing your longings & discontent.

**W**iden You've widened your introspection and performed an assessment of all areas your life to include: relationships, health, vocation, time and financial freedom. You've also identified your top 3 values.

**A**ccept Awesome! You've learned how to remove resistance and you've accepted your past and accepted your present. You're able to find the positive aspects in all circumstances.

**R**eflect You've reflected upon your life and all that you've discovered about yourself in this coaching program. You've discovered or confirmed your life's purpose and the legacy you want to leave.

**D**ream You've dreamed in all areas of your life and created your written vision for a life you'd love living.

**E**nergize You're energized and confident about creating the life of your dreams. You're taking steps every day toward creating a life you'd love.

**R**elease Congratulations! You've released your fear and limiting beliefs. You've left your comfort zone & are on your way to creating the life of your dreams. You've established a support network. You've started to share your unique story and journey with people around you and you're an Onward Movement Torchbearer.

[www.emilyharman.com](http://www.emilyharman.com)