

Kathy Wiens Coaching presents

# How Your Values Reflect Your Life's Purpose



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Welcome to our journey into the essence of values. Our values are not just a set of abstract principles; they are the compass that directs our actions and shapes our identity. They resonate within us, forming the bedrock of our authentic selves and infusing our lives with purpose.

In this ebook, we delve into the profound impact of values on every aspect of our existence. From guiding our aspirations to nurturing our relationships, values serve as the cornerstone of our growth and fulfillment.

By understanding and embracing our values, we embark on a path of self-discovery that transcends societal expectations. We learn to define our boundaries, fostering healthier connections with others while nurturing our own self-respect.

At the core, our values illuminate the depths of our being, empowering us to make choices aligned with our true selves rather than conforming to external pressures. This inner clarity becomes our compass, guiding us toward a life rich in meaning and purpose.



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## **Instructions:**

To understand our values better, look over the values sheet and circle 10-15 of the ideas you most embrace in your life.

Write those on the sheet below.

Now narrow that list of 10-15 value words to five things you value most. Again, list them on the sheet below.

Now narrow the list down even further to the top three things you value.

Then based on the three most important values you've listed, reflect on the journal prompts provided.



First list of value

word:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

Second list:

1.

2.

3.

4.

5.

Third list:

1.

2.

3.



Authenticity	Fun
Achievement	Growth
Adventure	Happiness
Authority	Honesty
Autonomy	Humor
Balance	Influence
Beauty	Inner Harmony
Boldness	Justice
Compassion	Kindness
Challenge	Knowledge
Citizenship	Leadership
Community	Learning
Competency	Love
Contribution	Loyalty
Creativity	Meaningful Work
Curiosity	Openness
Determination	Optimism
Fairness	Peace
Fame	Pleasure
Friendships	Poise
	Popularity

Recognition  
Religion  
Reputation  
Respect  
Responsibility  
Security  
Self-Respect  
Service

Spirituality  
Stability  
Success  
Status  
Trustworthiness  
Wealth  
Wisdom



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# Journal Prompts

1. Have you realized anything new about yourself?

2. Do the things you value most reflect how you live your life?



3. What actions could you take in your life to reflect the values you listed as most important?

