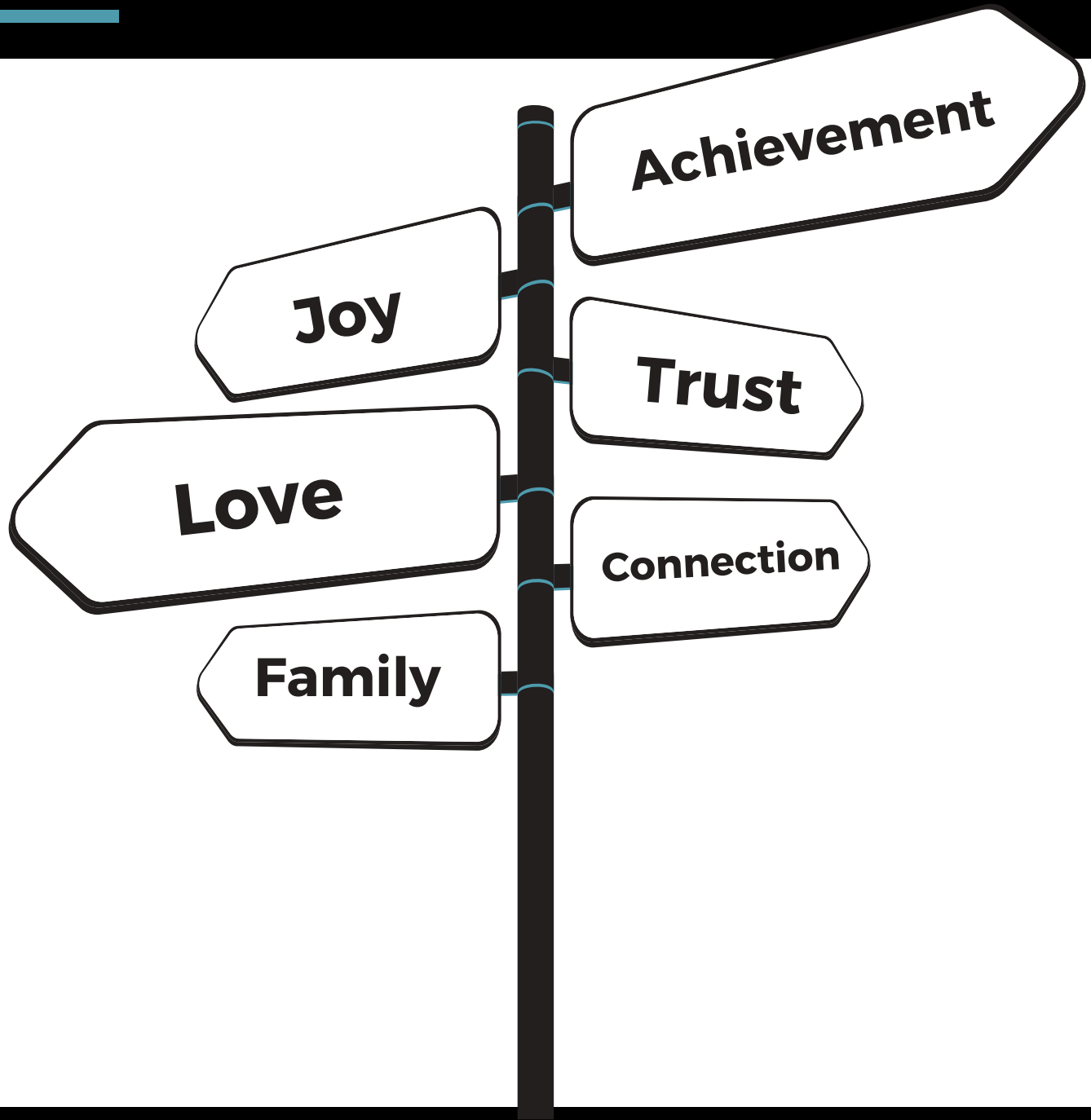


RECONNECT TO YOUR DEEPEST VALUES & USE THEM AS GUIDEPOSTS



Alison Deutsch and Wendy Van Besien are Certified Professional Coaches who have each experienced significant transitions, multiple times. For Alison, it was the challenge of relocating with her young family – four times over a period of ten years, both domestically and overseas. Wendy, a 3-time cancer survivor found her life in upheaval and crisis which led her on a quest for acceptance, forgiveness, and purpose.

Utilizing research-proven assessments, tools, and practices, Wendy and Alison help women overcome the stress, fear, and uncertainty that occur around making big change. Clients gain peace of mind as they develop confidence in their ability to handle anything that comes their way.

WHAT ARE VALUES?

Values are the lenses through which you view your world and yourself. They are the deeply rooted guiding principles that influence your thoughts, feelings and choices. Taken collectively, your system of values form your “personal truth”.

Becoming more aware of your values helps you understand what matters most. Prioritizing your values helps you live your best life.

When you tap into your values and use them as guideposts to make decisions you experience less stress and your life feels more fulfilling.



HOW ARE VALUES FORMED?

Values are a product of your experiences. Your family, religion, co-workers, and community influence your values. While values are the driving force behind your work and passions, at times these values may not reflect what you really want out of life, they may actually be the things we were taught to want. Think of messages beginning with the words “You should”, “You have to”, “You need to”.

Because values are such deeply ingrained assumptions, you’re often not consciously aware of what they are, how they shape your actions, or if they reflect what really matters to you rather than what you think we should be doing.

HOW TO IDENTIFY PERSONALLY MEANINGFUL VALUES

This exercise is designed to increase awareness of what really matters to you so you can use your values as criteria to help make fulfilling choices. When you feel triggered, it can be a sign that you are not honoring your values.

Here are some thought starters to help access what’s most meaningful to you.

- What’s important in my life?
- When do I feel most satisfied and fulfilled?
- What things, if they were taken away or I couldn’t do them, would make life unbearable?
- What are the fundamentals on which I base my most important decisions?

EXERCISE INSTRUCTIONS

Look at the list of values and circle the 10 words that most resonate. Make sure your list includes values that are important to you and relevant to your life today, not someone else's values or values from the past that no longer define who you are. Please feel free to add values not listed here.

One of the things that might be helpful to remember is that when things are going well, your values are being honored. When things are not going so well, a value or more than one value is being challenged.

VALUES LIST

Accomplishment	Friendship	Privacy
Abundance	Fun	Professionalism
Achievement	Honesty	Respect
Beauty	Humor	Romance
Commitment	Integrity	Security
Communication	Intimacy	Self Care
Community	Joy	Self Expression
Connecting to Others	Love	Self Mastery
Creativity	Loyalty	Self Realization
Emotional Health	Orderliness	Service
Environment	Personal Growth	Spirituality
Family	Partnership	Trust
Flexibility	Physical	Truth
Freedom	Appearance	Walking the Talk
	Power	

After circling your Top 10 Values, review them and reduce the list to the 5 that are the most important to you across all areas of your life including: Professional, Family, Personal Development, Spirituality, Fun, Relationships, Personal Finance

EXERCISE INSTRUCTIONS

Once you have it down to five, for each value, write down the answers to the following questions:

1. What does this value mean to me in my own words?
2. Why is this important to me?
3. How am I honoring this value in my life today?
4. What could I be doing differently that would align actions to my values?

Answering these questions you'll have a greater understanding of why you might be feeling disconnected or stuck in certain areas of your life.

You can use these values as ongoing tools. Next time you feel triggered ask yourself what value is not being honored as a way to understand what is going on for you and use your answers as a guidepost to determine what conscious choices you can make to put yourself back into alignment with your deepest values.

If you want help navigating your own reset, please contact us for a complimentary consult.

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