

a guide to uncovering your

values

— a compass for life + business.



welcome.



congratulations on taking a beautiful step towards deeper clarity in your life.

a gentle reminder: you already have everything you need within you. this guide is simply a tool to get you closer to your truth, and give you permission to trust it.

uncovering these truths is an inner journey that requires an open heart + mind.

my hope is that by working through the upcoming slides, you'll find power in your truth, and the courage to bring it forward in your life + business.

how to use this guide.

this guide is filled with gentle prompts to inspire thought + reflection.

the most impactful way to use this guide is to start solo: write or voice record your thoughts as they come. try not to judge what shows up.

some prompts may feel like they're repeating, or it may feel like you're writing the same thing down over + over. this is a good sign - what you're repeating likely has significance for you!

there are pause reminders on every page, an opportunity to rest, reflect, take a break, hydrate + take deep breaths.

try to remain open + honest with yourself as you do this work. let's dive in.



what are values?



values act as a foundation for your life + business.

they are a list of elements that specify what's most important to you, and allow you to filter out what's not.

they also act as a compass — supporting you in making decisions more easily by pointing you in the direction that most aligns with your beliefs.

what
are
values?



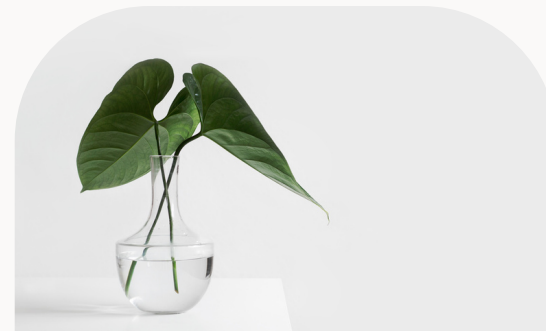
they are open +
broad — not
limiting or fixed



you choose them
— they are not
imposed on or
expected of you



they guide you—
they are not rules



they are within
your power to
control / uphold

prompts.

what do you believe truly matters to you? what things, people, places?



describe your ideal morning routine down to the very small details, if there were no limits. what would it look, feel, smell, sound like?

describe a time when you felt most alive.



what's a decision you've made
that you were challenged by?
why?



what's a decision you've made
that you're proud of?
why?





what's something you do really well?
why do you think that is?

how do you want to make others feel when they're in your
presence?

what do people turn to you for most?

what do you love to help others with?



write about your future self in present tense.

start with the statement, "I am..."

describe your future state:

what's around you?
who's with you?
what are you doing?
how do you feel?





what do you live for?



what are you deeply inspired by?



what's most important to you in running your business?

what do you do really well in your business?

business prompts.



describe your ideal business day down to the very small details, if there were no limits. what would it look, feel, smell, sound like?

how do you want your community to feel?

what would the world look like without your product/service?



reflection.



note the consistencies in your responses + reactions over your responses.



which pieces feel the most important to highlight?



which pieces do you want to make sure your community hears / knows about?

reflection.



find synergies between your business + personal notes + consider personal values you might want to bring into your business.

consider human characteristics that might be worth embodying as a business.

aim to have 3-5 values as the outcome of each of your lists.

how to use your values.

embody them.

breathe in the values you noted. feel them in your body. live by them by choosing actions, people, places + spaces that feel aligned with them.

let them be a compass.

when making life + business decisions, ask yourself, "does this get me closer to my values?"

if the answer is not a resounding "yes", you know to change course or adjust your positioning.

allow them to ground you.

they might feel like home; like they're true to you. they can act as an anchor during uncertainty + overwhelm.



next steps.



congratulations on completing the guide to your values ♡

note that your values are not firm or set in stone — they can, and should, change as you do.

I recommend re-visiting this process every year, and / or after any major milestones.

once you've articulated your values, it's important to think about your **story**, and your deeper **why**.

together, these three elements can become a deeper guide to life + business decisions, and can help you live in alignment with your truth.

get in touch with me to learn more.