



DISCOVERING YOUR CORE VALUES: A GUIDED WORKBOOK

*Identify what matters most to you — and start
living with clarity and direction.*

*“Your core values are the deeply held beliefs that authentically
describe your soul.” – John C. Maxwell*

Dr. Ute Swanson Coaching



Do you ever feel like you've lost a part of yourself somewhere along the way, caught between work, family, responsibilities, and expectations?

You're not alone. Many of the women I work with describe that they feel "fine" but somehow there is something missing and they can't quite put their finger on what it is. Often, there is a disconnect between the life they are living, and the values that matter most to them.

This workbook is designed to help you uncover your core values through a series of guided exercises and reflections. Set aside a couple of hours to go through it with intention. You may be surprised by what you discover and how much clarity it brings.

I promise you, it's worth it!

Ute Swanson

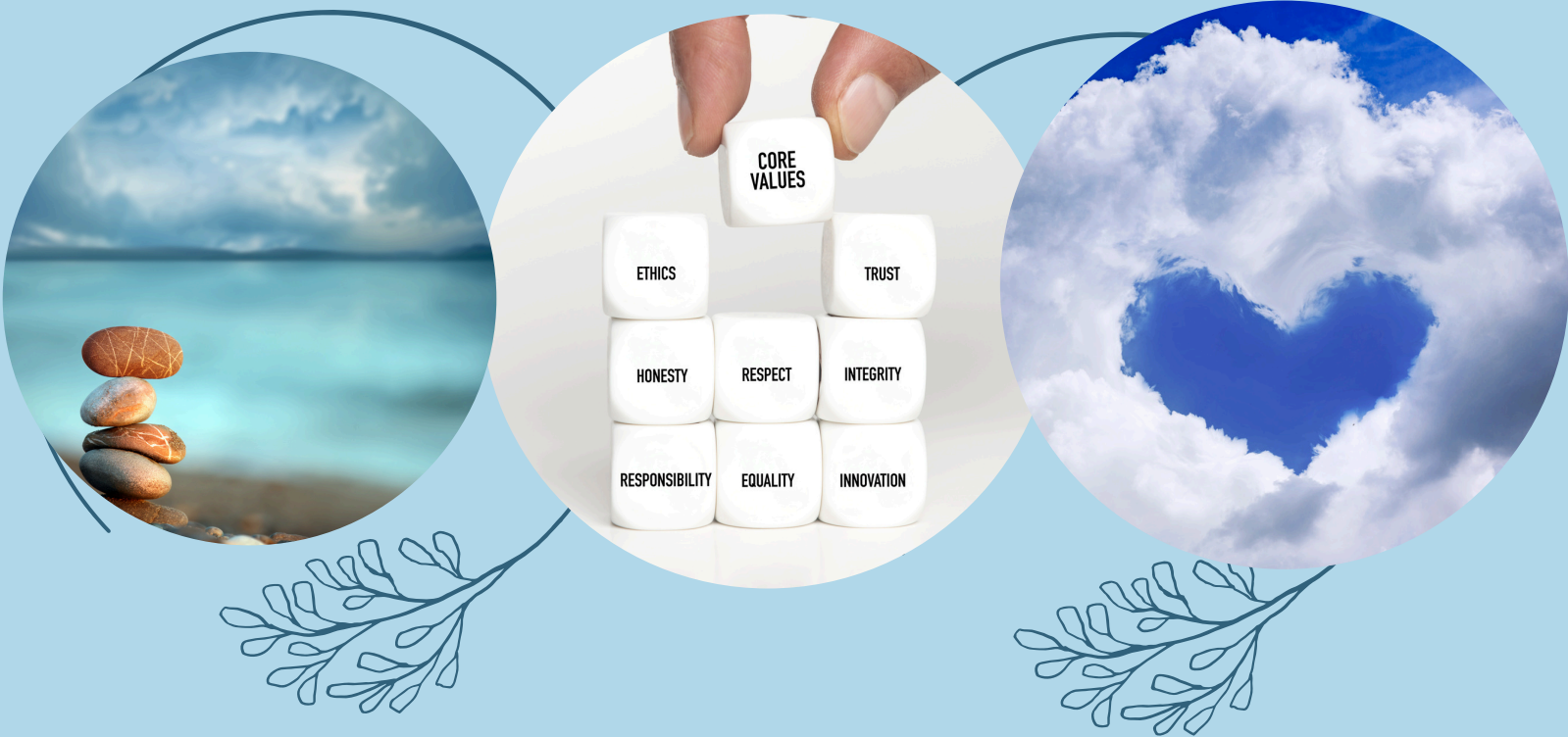


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Chapter 1:

What Are Core Values?

Core values are the deeply held beliefs and principles that matter most to you in your life right now. They are the invisible threads that shape how you think, feel, and make decisions, often without you realising it.

When your life aligns with your core values, you feel:

- Content
- Energised
- Motivated
- Fulfilled

When they're out of sync, you might feel:

- Stuck
- Resentful
- Restless
- Like something is missing from your life
- Low energy

Knowing your core values is like having an inner compass. It helps you navigate choices, relationships and direction, which truly fit with who you are.



Chapter 2:

Find Your Values: Guided Exercise

Step 1: Reflect

Make a cup of tea. Grab a pen and a piece of paper. Give yourself 15-20 minutes for honest reflection. Then ask yourself:

1. What is the most important thing in my life right now?
 - Reflect on what truly matters to you, what is the thing you can't live without?
2. When do you feel most like yourself?
 - Describe a recent moment, when you felt alive, grounded and at ease.
3. What do I spend (or want to spend) my time, money and energy on?
 - If we spend time, money and energy on something, it tends to be important to us.
4. What situations leave me feeling drained or frustrated?
 - Sometimes we notice our values only when they get hurt. When do you feel strong negative emotions or get triggered by minor incidents? Which situations make you feel out of sync?

Note: Values can't be "put into a wheelbarrow" - so family, money, books etc are not values. If they come up for you, think: What is the value behind?

Step 2: Name Your Values

1. First look back at your answers from Step 1 and reflect on the values that were at play in the situations you described. After having given this some thought, move on to the next point.
2. Review the list on the next page - Circle any words that resonate.

Don't overthink, you have already done the work. Please note however, that it's not about who you want to be, or think you should be but who you truly are.



List of Core Values

Abundance	Dependability	Health	Openness	Solidarity
Acceptance	Depth	Honesty	Optimism	Spirituality
Accountability	Dignity	Hope	Order	Stability
Adventure	Directness	Humility	Originality	Strength
Altruism	Discipline	Humor	Ownership	Structure
Ambition	Discovery	Imagination	Patience	Support
Appreciation	Diversity	Inclusion	Peace	Sustainability
Artistry	Ease	Independence	Perseverance	Thoughtfulness
Authenticity	Education	Influence	Perspective	Thoroughness
Autonomy	Efficiency	Ingenuity	Pleasure	Tolerance
Awareness	Elegance	Initiative	Positivity	Tradition
Balance	Empathy	Innovation	Precision	Transformation
Beauty	Empowerment	Integrity	Presence	Transparency
Belonging	Engagement	Intellect	Progression	Trust
Bravery	Equality	Intuition	Purpose	Truth
Brilliance	Ethics	Joy	Rationality	Understanding
Calm	Excellence	Justice	Reflection	Unity
Care	Exploration	Kindness	Reliability	Variety
Challenge	Fairness	Knowledge	Resilience	Vision
Clarity	Faith	Leadership	Respect	Vulnerability
Collaboration	Flexibility	Learning	Reverence	Warmth
Commitment	Forgiveness	Liberty	Risk-taking	Wisdom
Community	Freedom	Love	Safety	Wonder
Compassion	Friendship	Loyalty	Sacredness	Worthiness
Competence	Fulfillment	Mastery	Security	Zeal
Connection	Fun	Meaning	Self-expression	
Consistency	Generosity	Mindfulness	Self-respect	
Contribution	Gentleness	Modesty	Sensitivity	
Control	Gratitude	Motivation	Sensuality	
Creativity	Growth	Nature	Service	
Curiosity	Harmony	Non-judgment	Simplicity	

Step 3: Identify Your Six Core Values

1. From the words you have circled, choose your top 6

- It is likely, that there will be more than six values which have relevance in your life - try to choose the ones that trump all the other.
- If you have values that are quite similar (eg freedom and independence; fairness and justice; harmony and peace) you can put them together in a value chain with the more important value in front.

2. When you have your list, rank them in order of importance (1 = most important).

Step 4: Define Your Six Core Values

For each of your six Core Values values, write your own definition (the same value will mean different things to different people).

- Example:
 - Kindness: Treating myself and others with compassion and generosity, especially in challenging moments.
 - Authenticity: Staying true to myself and not changing just to please others.

Chapter 3:

Putting Your Values Into Practice

Understanding our core values is just the first step on our journey to personal growth and self-awareness. However, it is not enough just to simply name them – you also need to explore how they show up (or don't show up) in your life.

1. For each of the 6 core values you have identified reflect on your current situation:

- How is this value showing up in my life right now?
- How do I demonstrate this value - and how is it demonstrated to me by others

2. Finally ask yourself

- How could I have more of this value in my life?
- Which small shift would bring me closer to living aligned with my values?

Action Steps:

What is one small thing I could do this week to honour this value more fully?



Final Thoughts

In doing this guided exercises you have just taken a powerful step toward understanding what truly matters to you. You may already feel the tension between what you care about and the way you are currently living. That is a powerful insight.

Our values are always there in the background, quietly shaping our lives, whether we are aware of them or not. But when we do get to know them, they can become a strong foundation for self-awareness, resilience and fulfilment.

So next time you feel stuck, faced with a difficult decision or not sure where your life is going into the right direction, take a moment to check in with your values. They may just have more to say than you realise!

If you would like support in exploring your values more deeply, let's talk. This is exactly the kind of work I do with clients in my 12 week Rediscover Yourself Coaching Programme. Please contact me to book a free 30 minutes discovery call now, I would love to chat!



Your 6 Core Values

Rank	Value	Your Definition
1		
2		
3		
4		
5		
6		

Space for Reflections

EXPLORE YOUR VALUES HERE

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

Space for Reflections

EXPLORE YOUR VALUES HERE

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