

# CORE VALUES

Defining Your Inner Compass

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B L A I S D E L L

# Identifying My Top Core Values

## What are your personal values?

Abundance	Happiness
Adventure	Harmony
authenticity	Health
Balance	Helping
Being present	Honesty
Being of service	Honoring myself
Caring	Humor
Commitment	Integrity
Compassion	Kindness
Community	Keeping Promises
Concern for others	Loving
Connection	Loving my family
Courage	Loyalty
Creativity	Openness
Demonstrating my best	Peace
Devotion	Peace of mind
Discipline	Perserverance
Doing my best	Presence
Empathy	Progress
Excellence	Prosperity
Faith	Respect
Family	Responsibility
Freedom	Self-actualizaton
Friendship	Self-expression
Fun	Sense of accomplishment
Genuineness	Serenity
Giving	Sharing
Grace	Sharing my gifts
Generosity	Strength of heart
Growth Inspiration	Taking care of myself
Joy	Trust
	Willingness

# Core Values

## Living your truth...

Knowing your core values will help you navigate life so you will be aligned to your truth and the life you want. When defining your core values, there will be some values that you want to embody and yet, it doesn't necessarily mean you are living according to them. Example: honesty and integrity comes to mind. Ask yourself. Am I operating with integrity in the way I speak and in my action? Acknowledging this, without judgement, you can then work toward living into these values.

Write down 5-7 of your core values. Keep copies here and there to refer back to.

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Once you identify your core values and live accordingly to them, you will operate at a higher standard/vibration in your life. You will hold yourself to higher standards, and life will meet you there. Living aligned to your core truth, you will draw in and manifest what is meant for you

# Core Values Exploration

## Example Sheet

In this example, you can see how you can use this tool to explore one of the core values you've chosen. If you need more space to explore these, try dedicating a page to each prompt in a notebook.

Ways I have been living into this value	Ways I have strayed from this value	Steps I can take today to start living into this value
<ul style="list-style-type: none"> <li>• With self: going through these processes to respect myself and my journey</li> <li>• Respectful of others' lives, feelings, time, boundaries, general humanity</li> <li>• Respect and reverence for the earth and environment</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping into relationships without clear intentions</li> <li>• Allowing men to disrespect my time, feelings, boundaries, sexual needs</li> <li>• "Going with the flow" just to make others comfortable</li> <li>• Allowing others in non-established relationships to walk all over me</li> <li>• Giving more than I can take</li> </ul>	<ul style="list-style-type: none"> <li>• Get clear about my boundaries in friendships, work and love</li> <li>• Set a daily intention to notice when I don't feel respected so I can reflect on how to implement better boundaries</li> <li>• Start dating app conversations with discussion of wants and needs</li> </ul>
Effects of living into this value (feelings, reflections in relationships, work, etc.)	Effects and reflections of not living into this value	What will be reflected back to me when I live in alignment with this value?
<ul style="list-style-type: none"> <li>• Getting clear re: how to cultivate respect in more areas gives me hope</li> <li>• My friends and most family members reflect this respect re: time, feelings, making me feel valued</li> <li>• I feel part of humanity</li> <li>• Staying out of drama</li> <li>• Connection with nature</li> </ul>	<ul style="list-style-type: none"> <li>• Feel I need to be everything to everyone to be respected</li> <li>• Struggling to grow relationships that have a balance of give and take</li> <li>• Feeling burnt out, not taking care of my needs first</li> <li>• Heartbreak, loneliness, one night stands</li> <li>• Dates feel hopeless, like a waste of time now</li> </ul>	<ul style="list-style-type: none"> <li>• I can balance my life to prioritize my needs and take care of other needs when I'm energized by living in alignment</li> <li>• When I'm presented with a potential partner who is disrespectful on a date. I will know he is not a match and not invest time in vain as his actions don't align with my core value of respect</li> </ul>

# Core Values Exploration

Choose one of the core values which you've identified to take you through this worksheet. Repeat this worksheet with individual values as many times as you wish.

Ways I have been living into this value	Ways I have strayed from this value	Steps I can take today to start living into this value
Effects of living into this value (feelings, reflections in relationships, work, etc.)	Effects and reflections of not living into this value	What will be reflected back to me when I live in alignment with this value?

# Stay in Touch

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