

Joy
Passion
Feel good

Step One:

Brain Dump

To begin we want to get everything out of your brain, including the stuff you don't even know is there.

So get yourself comfortable, close your eyes and do 10 deep slow breaths. When you're feeling calm, pick up your pen and start to write the words that come into your head when you ask the questions: **What brings me joy? What am I passionate about? What do I need in my life in order to feel good?**

There's no right or wrong answer so put down everything that comes into your head - from more abstract things like security, honesty, freedom & fun, to every day things like good food, music, nature & puppies!

Keep going until nothing else will come out...then go a bit more - fill the page right up!

Step Two:

Themes

Take a step back and look at the words again. Group them into themes. For example, if you have: exercise, eating well, balance and being in nature - that may come under the theme of "health".

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Step Three:

Values

Now compare all the themes from the previous list and ask yourself: When I have this in my life do I feel good and fundamentally happy? Whichever 5 give you that feeling the most, are your core values.

- 1.
- 2.
- 3.
- 4.
- 5.

Step Four:

Let's check your values

On this timeline, document above the line 3 significant times when life was good & below the line 3 significant times when life was bad, e.g. graduating university, meeting your partner, a turbulent relationship or losing your job

Good times

Birth

Now

Bad times

Now make note of the specific elements of each situation that made them so good or bad, and which values were present and/or absent.

e.g. if a relationship broke down because your partner was unreliable and closed off - and your values are fun, honesty, freedom, connection and growth - it's likely that these were compromised, so we may assume that they are indeed important to you and belong in your top 5, since you considered it a bad time in your life when they were not being served.

Good times

1.

2.

3.

Bad times

1.

2.

3.

Summarise what you uncovered. Were the majority of your values present during the good times and absent during the bad ones? Or did something else come up that you hadn't thought of or had discounted in the previous steps? Adjust your top 5 if necessary and write, or re-write your top 5 values on the next page.

My Values

1.

2.

3.

4.

5.

Step Five: Get clear and take action

What does each value mean to you and what are 3 things you can do to serve each one?

e.g. Connection = Staying true to who I am and what I want, and being present and engaged with the people who are important to me.

To serve this I can: Check in with my personal values & goals daily so I feel connected and fulfilled at my core, journal daily to keep my brain clear and remind myself of what's important, schedule regular non-negotiable time with my loved ones & doing things I love.

Value One: _____

What does it mean?

3 things I can do to serve it:

1.

2.

3.

Note: You can have the same actions for multiple values. E.g. time with loved ones may serve connection and fun

Value Two: _____

What does it mean?

3 things I can do to serve it:

1.

2.

3.

Value Three: _____

What does it mean?

3 things I can do to serve it:

1.

2.

3.

Value Four: _____

What does it mean?

3 things I can do to serve it:

1.

2.

3.

Value Five: _____

What does it mean?

3 things I can do to serve it:

1.

2.

3.

Step Six:

Just Do It!

Schedule into your diary everything you outlined in the previous step, and start doing it!

If this worksheet becomes something you just filled in once, then you've wasted your time. Change only happens through consistent action.

And as you can see - that consistent action isn't difficult, in fact it can even be quite fun!

Use your values to guide your decisions and constantly reinforce who you truly are and what truly matters, so you can stay focused, energised and motivated to achieve whatever you want in life...
...and have a bloody good time in the process!

Extra Notes