

Wake Up Pray Up Boss Up Podcast

Episode 3: Values - What do YOU stand for?

Welcome to your Values Reflection Worksheet! Taking time to identify and understand your core values will help you make more aligned decisions and live a life that reflects who you truly are. Let's get started!

Step 1: What are Values?

Read and reflect on this:

“Values are the guiding principles that shape our choices and actions. They are what matter most to us. When we live in alignment with our values, we experience greater peace and fulfillment.”

Examples of Values

Toward Values

(Things you want to move closer to or bring into your life):

- Love
- Faith
- Joy
- Peace
- Success
- Kindness
- Family
- Health
- Adventure
- Gratitude
- Spirituality
- Honesty
- Creativity
- Freedom
- Courage
- Purpose
- Generosity
- Loyalty
- Integrity
- Compassion
- Responsibility
- Authenticity
- Growth
- Wisdom
- Connection

Away Values

(Things you want to avoid or move away from):

- Loneliness
- Stress
- Conflict
- Dishonesty
- Overwhelm
- Fear
- Laziness
- Failure
- Guilt
- Anxiety
- Chaos
- Doubt
- Resentment
- Shame
- Isolation
- Hopelessness
- Selfishness
- Anger
- Betrayal
- Regret
- Frustration
- Disrespect
- Injustice
- Greed
- Dependency

Write down three to five values that stand out to you immediately:

Step 2: Reflect on Your Experiences

Think about a time in your life when you felt proud, fulfilled, or at peace. What value were you honoring in that moment?

Experience 1: _____

Value Honored: _____

Experience 2: _____

Value Honored: _____

Step 3: Identify Conflicts in Your Values

Are there areas in your life where your values seem to be in conflict? For example, wanting to work hard (success) but also needing time for family (balance).

Conflict: _____

Value Involved: _____

Conflict: _____

Value Involved: _____

How might you navigate these conflicts in a way that brings peace?

Step 4: Define Who You Are

Complete the following sentence: "I am a person who values _____ and strives to live in a way that honors this value daily."

Step 5: Toward and Away Values

List one or two "toward" values you want to move closer to (e.g., love, peace, success):

List one or two "away" values you want to avoid (e.g., stress, overwhelm, conflict):

Step 6: Your Values in Action

Describe one action you can take this week to live more in alignment with one of your top values.

Action: _____

Value: _____

Conclusion

"Remember, living in alignment with your values brings clarity and peace. Use this worksheet as a guide to help you honor what matters most to you. You've got this!"

Margi Nazario Ruiz
Certified Professional Life Coach

✉ margi@margiruiz.com
🌐 margiruiz.com

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