

A Worksheet for

IDENTIFYING YOUR CORE VALUES BOTH IN YOUR LIFE & IN A RELATIONSHIP

*Use this list for Intuitive Guidance when making life's
big & small decisions*



*Before you even try to
determine who you are
in a relationship... You
have to be clear on you.*



-DR. KEITH

PART 1 OF AN ONLINE WORKSHOP ON
SELF-AWARENESS:
FROM CONFUSION TO CLARITY

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This first worksheet is KEY for getting clear on what matters most to YOU. Once you've identified your core values, use this list for intuitive guidance when making life's big & small decisions. These values can be your guiding light -- helping you to make choices that are in alignment with how you say you want to feel in your life and in a relationship.

Step 1) Go through and highlight all the words that resonate most with you. If you'd like to use descriptive words instead of nouns, you can use variations of the words. For example, Harmony/Harmonious, Centeredness/Centered, Love /In Love, Inspiration/Inspired, Fullness/Full of Life, Knowledge /Knowing, Vibrancy/Vibrant, and so on... you can even elaborate on words like Truth = Living my Truth, Speaking my Truth. Just do what feels right to you!

Take some time to make 100% sure that you're not choosing words because you think you *should*... be sure to choose words that line up with who you are down to your core. Step back and ask yourself, "Am I choosing this word because it's a value my mother had?" "Do I think I should pick this word because other women value it?" Be sure to pick words that feel right to you -- words that feel like home to you and calm your spirit. YOU, no one else.

Step 2) Once you've highlighted the words that speak most to you on a soul level, put the list down for while -- tune in to how the different words feel as you think of them. When you're feeling good and in your zone, go back and revisit your highlighted words.

Step 3) Pick ten words that represent feelings/things that you value most in your life for yourself (they can represent values that you already live by or values that you hope to live by). Then pick 10 words that represent feelings/things that matter most in a relationship to you (they can represent values you already have in a relationship or values you hope to have in a relationship). It's okay if they overlap. Sit with the words for a bit.

These are just examples, but you can run the words through sentences like:

"_____ means everything to me."

"In my relationship, _____ means everything to me/us."

Step 4) Now it's time to narrow it down to three words for both yourself and for a relationship. It's ideal to whittle it down to as few words as you possibly can -- just so you can really focus on a couple foundational values each day as you make choices. Choose no more than six words in total (values for yourself + values for a relationship). If possible, combine the categories and narrow it down even further to a total of three words. It's up to you.

Another possible sentence to run the words through:

"The answer is always _____."

I find that it helps to work with someone else who you really trust at this stage -- talking through the subtle differences between words really helps to hone in on the words that you really vibe with best. If you'd like to do a 30-minute complimentary session to work through this this step with me, please email me at: maiko@maikomichelle.com

CORE VALUE WORDS:

- Abundance
- Acceptance / Self-Acceptance
- Adventure
- Affection
- Alive
- Alignment
- Appreciation
- Attraction
- Authenticity
- Awareness / Self-Awareness
- Balance
- Beauty
- Bliss
- Bravery
- Care / Self-Care
- Centeredness
- Clarity
- Commitment
- Communication
- Community
- Compassion / Self-Compassion
- Confidence
- Connection
- Conscientiousness
- Courage
- Creativity
- Depth
- Desire
- Determination
- Devotion
- Divine
- Discipline / Self-Discipline
- Ease
- Empathy
- Empowerment / Self-Empowerment
- Energy
- Enthusiasm
- Excitement
- Expression / Self-Expression
- Faith
- Family
- Fearlessness
- Femininity
- Flow
- Focus
- Forgiveness
- Freedom
- Friskiness
- Fulfillment
- Fullness (Full of _____)
- Fun
- Generosity
- Grace
- Gratitude
- Groundedness
- Growth
- Happiness
- Harmony / Inner Harmony
- Health
- Honesty
- Honor
- Humor
- Independence
- Inspiration
- Integrity / Personal Integrity
- Intelligence
- Intention
- Intimacy
- Intuition
- Joy

CORE VALUE WORDS:

- Justice
 - Kindness
 - Knowledge / Self-Knowledge
 - Lightness / Lit Up
 - Liveliness
 - Love / Self-Love
 - Loyalty
 - Magic
 - Manifestation
 - Masculinity
 - Meaningfulness / Meaning
 - Mindfulness
 - Nourishment
 - Nurturance
 - Openness / Open-Mindedness
 - Passion
 - Patience
 - Peace
 - Play
 - Positivity
 - Power
 - Presence
 - Productivity
 - Protection / Self-Protection
 - Purpose
 - Radiance
 - Rawness
 - Reliability / Self-Reliance
 - Respect / Self-Respect
 - Romance
 - Sacredness
 - Safety
 - Security
 - Self-Sufficiency
 - Sensuality
 - Serenity
 - Service
 - Sexiness
 - Simplicity
 - Solidity
 - Soul
 - Spirituality / Spirit
 - Spontaneity
 - Stability
 - Strength
 - Success
 - Surrender
 - Team
 - Thankfulness
 - Transformation / Self-Transformation
 - Trust / Self-Trust
 - Trustworthiness
 - Truth
 - Vibrancy
 - Vibration / Vibe
 - Vulnerability
 - Warrior
 - Warmth
 - Wealth
 - Whole / Wholeheartedness
 - Wisdom
 - Wit
 - Wonder
 - Worth / Self-Worth
- Feel free to look up more words & variations of words and choose what feels best for you -- it's important to handpick words that you resonate with!!!***

DATE: _____

DATE IN 6 MONTHS: _____

***TOP 10 CORE VALUES
FOR ME:***

***TOP 10 CORE VALUES
FOR A RELATIONSHIP:***

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

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

***TOP 3 CORE VALUES
FOR ME:***

***TOP 3 CORE VALUES
FOR A RELATIONSHIP:***

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Next Steps) Once we clarify your core values, Part 2 of this Self-Awareness Workshop will be about boundary setting -- we'll get crystal clear on what you are and are not willing to accept in relation to your values. Visuals always help me so we'll draw bubbles of protection around our values . From there we'll work on must-haves & deal breakers. This step-by-step process will move you from confusion to clarity both in your life and in a relationship.

My own story) For me, personal integrity means trying my best to live in alignment with my values. Not only do I consistently try to hold myself accountable to the things I say matter most to me, I also do my best to maintain those standards when I'm in a relationship. This isn't always easy because I can't control anyone but me. I can, however, choose not to settle for someone who consistently chooses actions that force me to compromise my own core values.

For example, if I say I value honesty in a relationship but my partner is not honest with me and I allow him to continue to cross that line, then I feel like I have just compromised my own personal integrity. If something has happened and we talk about it but his dishonest behavior continues, that's a deal breaker for me since honesty is one of the things that is very important to me in a relationship.

I truly believe that if we compromise our values for someone else, we compromise our self-worth. Once that happens, it's very difficult to have a healthy relationship. And even worse, it can then become an unhealthy dynamic where we're trying to get our worth from someone else instead of it coming from within... ladies, we must value ourselves first before we can ever expect someone else to value us. And we must muster the strength it takes to stand by our values. I know how hard this can be... and this is why I think authentic support systems are a necessity. Find some likeminded people who will be honest with you and hold you accountable -- we don't always get that in our friendships as women, so please be sure to surround yourself with some sort of support system!

This is why I think this workshop is so incredibly important. I think nothing is more valuable than getting clear on what matters most to YOU before anything or anyone else. From there, we can establish very clear protective boundaries around the things that matter most to us.

Once you've completed this worksheet, please mark your calendar for 6 months from now so we can revisit your core values and evaluate if you've been doing your best to live in alignment with them...

Please keep an eye out for the next worksheet on boundary setting... let me know if you have any questions through this process!

I'm here for you~

xoxo,
Maiko