## VALUE EXARCISES

$$
\begin{gathered}
\text { LEARN WHAT } \\
\text { WORKS AND } \\
\text { WHAT DOESN'T } \\
\text { FOR YOU AND } \\
\text { WHY }
\end{gathered}
$$

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# CML DIY ASS-KICKING VALUE EXERCISE 

Hey all!
This exercise is a way to learn what works and what doesn't for you and why.
Values are anything you feel you may die some if they are not present in your life, or at the very least feel unfulfilled without them.

The idea is honouring what you know about yourself as a way to feel good. And who doesn't want to feel good?

In the beginning of honouring your values, you may be pulled to demand that every circumstance must align with them. That may or may not happen. Remember as a complicated woman, you have many values and some of them are going to compete for your time and focus. Think family connection vs personal accomplishment. Who hasn't been there? Not to say you can't have both, but it's hard to have both $100 \%$ of the time.

Be kind and compassionate with yourself as you look at the chart below. It's meant to nudge you, and you'll know right away in your deep core if something you read resonates with you.

And for the love of yourself, pay attention to your body responses because they don't lie. What is a lie, however, is getting in our own way by thinking we need to adopt values that aren't actually true to us just because we think we "should", it's the right thing to have. Leave the "shoulds" at the door on your way in, they just create a ton of mess, drama and unhappiness for us. This is your time to be real to you, and only you.

If you sense of something feels right to you but it's not quite specific enough, go for it and make it what you want it to be. It's your party, this list is just to show you options. The name of the value isn't as important as the feeling you get from it.


# CMLDIY ASS-KICKING VALUE EXERCISE 

This exercise is interactive, you can print/write in the boxes below. There are lots of choices so if you decide to print out the exercise, you might want to use a pencil so you can change your mind!

Go through the list and check off values that you are drawn to, and whether it's something that you find super important, kind of important, or not important. Then go back through and decide if some are repetitive for you.

The last page is where you can bring your choices together into your 10 top values. That doesn't mean you can't have more, it's just a place for you to see what's taking the front row as you manage your life experiences. Feel free to group 2 or 3 words together that are similar to you, with the strongest value named first.

One more thing. Have fun! And let me know if you learned anything new!
Dianna xo


CMLDIY ASS-KICKING VALUE EXERCISE

| SAMPLE VALUE | SUPER IMPORTANT | KIND OF <br> IMPORTANT | NOT IMPORTANT |
| :---: | :---: | :---: | :---: |
| Adventure |  |  |  |
| Excitement |  |  |  |
| Accomplishment |  |  |  |
| Collaboration |  |  |  |
| Success |  |  |  |
| Nature |  |  |  |
| Leadership |  |  |  |
| Learning |  |  |  |
| Personal growth |  |  |  |
| Recognition |  |  |  |
| Acknowledgement |  |  |  |
| Love |  |  |  |
| Family connection |  |  |  |
| Humanity |  |  |  |
| Equality |  |  |  |
| Humour |  |  |  |
| Directness taking |  |  |  |
| Productivity |  |  |  |

> C ML L D Y ASS-KICKING VALUE EXERCISE

| SAMPLE VALUE | SUPER IMPORTANT | KIND OF <br> IMPORTANT | NOT IMPORTANT |
| :---: | :---: | :---: | :---: |
| Service to others |  |  |  |
| Contributon |  |  |  |
| Excellence |  |  |  |
| Being a free spirit |  |  |  |
| Focus |  |  |  |
| Harmony/peace |  |  |  |
| Accomplishment |  |  |  |
| Orderliness |  |  |  |
| Honesty |  |  |  |
| Success |  |  |  |
| Pleasure/Joy |  |  |  |
| Accuracy |  |  |  |
| Vitality/health |  |  |  |
| Lack of pretense |  |  |  |
| Tradition |  |  |  |
| To be seen, heard, |  |  |  |
| known |  |  |  |
| Trust |  |  |  |
| Participating |  |  |  |

> C ML L D Y ASS-KICKING VALUE EXERCISE

| SAMPLE VALUE | SUPER IMPORTANT | KIND OF <br> IMPORTANT | NOT IMPORTANT |
| :---: | :---: | :---: | :---: |
| Community |  |  |  |
| Authenticity |  |  |  |
| Freedom to choose |  |  |  |
| Connectedness |  |  |  |
| Friendship |  |  |  |
| Lightness |  |  |  |
| Spirituality |  |  |  |
| Empowerment of |  |  |  |
| yourself and others |  |  |  |
| Full self-expression |  |  |  |
| Integrity |  |  |  |
| Creativity |  |  |  |
| Independence |  |  |  |
| Nurturing |  |  |  |

> C ML L I Y ASS-K I C K ING VALUE EXERCISE

TIME FOR YOUR TOP 10!

| MY TOP 10 <br> VALUES | AM I HONOURING <br> IT? | AM I NOT <br> HONOURING IT? | ONE PLACE I WILL <br> PRACTICE <br> HONOURING IT |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

