

THE MELISSA METHOD™

KNOW YOUR VALUES. KNOW YOUR WORTH.

COMPANION WORKBOOK

A write-in guide for discovering your Core Values, making aligned decisions, building healthy boundaries, and creating a life that feels like your own.

DISCOVER → DEFINE → DECIDE → DEFEND → DESIGN

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The Melissa Method™ and Values Compass™ are names used by Melissa Maguire, LCC, MCC for the original framework and tools presented in this workbook.

This workbook is intended for personal growth, reflection, and educational purposes. It is not a substitute for medical or mental-health care, psychotherapy, legal advice, financial advice, or other professional services. The exercises invite self-reflection and personal decision-making; they do not guarantee any particular outcome.

If a question or exercise brings up concerns that require professional support, consider working with an appropriately qualified professional.

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How to Use This Companion Workbook

Use this workbook alongside Know Your Values. Know Your Worth. The book explains the method; these pages give you room to work through it in your own words.

- ☐ Write honestly. You do not need to produce a perfect answer.
- ☐ Circle, cross out, revise, and return as your life changes.
- ☐ Move at your own pace. Some pages may take five minutes; others may need time.
- ☐ Use the repeatable worksheets whenever a decision, relationship, or season of life feels off.
- ☐ Bring selected pages to coaching, counseling, or another supportive conversation if that feels useful.

Name

Date I began

What I hope to understand or change

Contents

DISCOVER

Look to your life for the clues that reveal what matters most.

DEFINE

Put your Core Values into your own words and assess alignment.

DECIDE

Use your Core Values as a practical decision filter.

DEFEND

Create boundaries that protect what matters.

DESIGN

Turn your values into the way you actually live.

Repeatable Tools

Decision Filter • Boundary Builder • Values Compass • Weekly and Monthly Alignment Checks

The Melissa Method

Discover what matters most. Honor it every day. Return to it whenever life feels off.

Phase	Question	Practice
Discover	What matters most to me?	Look for evidence in your experiences.
Define	What does it mean to me?	Name the meaning and notice alignment.
Decide	Which choice honors my values?	Use your values as a decision filter.
Defend	What needs protecting?	Create boundaries around what matters.
Design	How do I want to live?	Turn values into choices and daily action.

Your values are not something you find once. They are something you choose to honor every day.

Before You Begin

There is no correct list of values. Two people can choose the same word and mean completely different things by it. Your definition matters more than anyone else's.

What feels off in my life right now?

Where do I feel most like myself?

What do I want to understand by the end of this process?

THE MELISSA METHOD

DISCOVER

What matters most to me?

DISCOVER → DEFINE → DECIDE → DEFEND → DESIGN

Your life has already been leaving clues. Look at times of happiness, difficulty, peace, frustration, admiration, and loss to uncover the values underneath them.

Move slowly. Be honest. Let your own life provide the evidence.

DISCOVER

A Happy Time

Think about a time or season when you felt truly happy, fulfilled, peaceful, proud, connected, or fully yourself.

What was happening?

Who was there?

What were you doing?

What made this time meaningful to you?

DISCOVER

What the Happy Time Reveals

Which values were being honored during this experience?

What conditions helped me feel most like myself?

What do I want more of in my life now?

A Difficult Time

Think about a time or season when you felt deeply unhappy, depleted, trapped, resentful, or disconnected from yourself.

What was happening?

What created the greatest dissatisfaction?

What did I wish were different?

What was missing?

DISCOVER

What the Difficult Time Reveals

Which values were not being honored?

What was I tolerating or accepting that did not feel right?

What do I want to protect myself from repeating?

DISCOVER

Miserable Without It

Complete the sentence without overthinking it.

If _____ were missing from my life, I would be miserable.

Why is this essential to me?

Which values connect with my answer?

DISCOVER

Peace and Harmony

Complete the sentence, then look underneath the first answer.

When I have _____ in my life, I feel at peace and in harmony with myself and the world.

What does that experience give me emotionally?

Which values are present?

DISCOVER

Someone I Deeply Admire

Think about a close friend, mentor, or someone you deeply admire. Focus on who they are, not what they own or how impressive they appear.

Who am I thinking about?

What qualities do I admire most?

What is it about the way this person lives that I respect?

Which values connect with these qualities?

Your Values List Part One

Circle, underline, or mark every word that feels connected to the evidence you gathered. Do not narrow yet.

Character and Inner Life
Clarity • Commitment • Compassion • Emotional Health • Honesty • Integrity • Openness • Privacy • Spirituality • Trust
Growth Achievement and Accomplishment
Achievement • Completion • Excellence • Forward the Action • Leadership • Mastery • Organization • Personal Growth and Learning • Recognition • Results
Connection and Community
Connecting and Bonding • Intimacy • Loyalty • Partnership • Romance • Sensuality • Relationships
Freedom Independence and Security
Autonomy • Freedom • Power • Risk-Taking • Security • Solitude

Other words that belong on my list

Your Values List Part Two

Creativity and Expression
Creativity • Self-Expression
Contribution and Purpose
Altruism • Environment • Service • Contribution
Energy and Experience
Adventure • Excitement • Fulfillment • Fun • Joy • Nature • Vitality

Words from my own life that are missing from this list

Words I marked more than once

DISCOVER

My Selected Values

Transfer every value you selected from the five discovery exercises. Repetition is useful evidence.

Happy Time

Difficult Time - What Was Missing?

Miserable Without It

Peace and Harmony

Traits I Admire

DISCOVER

Discover Your Patterns

Which values appeared more than once?

Which words appeared again and again?

Which values surprised me?

Is there a value that appeared only once but still feels essential?

DISCOVER

What My Life Has Been Telling Me

The strongest pattern I notice is

I feel most alive when

I begin to feel off when

One truth I do not want to ignore is

Core Values and Supporting Values

Core Values are the principles that feel most fundamental to who you are and how you want to live. Supporting Values still matter, but they do not necessarily guide your biggest decisions.

Values that feel foundational

Values that enrich or support my life

Choose Your Core Values 1 to 5

Choose the 5–10 values that feel most essential. You are not throwing the others away. You are identifying your foundation.

1. Core Value

2. Core Value

3. Core Value

4. Core Value

5. Core Value

Choose Your Core Values 6 to 10

6. Core Value

7. Core Value

8. Core Value

9. Core Value

10. Core Value

When I look at this list, what feels true?

DEFINE

What does it mean to me?

DISCOVER → DEFINE → DECIDE → DEFEND → DESIGN

You know the words. Now define what each Core Value means in your life, recognize what alignment looks like, and identify one realistic way to honor it more fully.

Move slowly. Be honest. Let your own life provide the evidence.

DEFINE

My Core Value 1 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 1 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 2 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 2 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 3 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 3 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 4 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 4 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 5 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 5 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 6 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 6 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 7 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 7 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value & Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 8 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 9 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 9 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

DEFINE

My Core Value 10 Meaning and Evidence

Core Value

What does this value mean to me in my own words?

What does honoring this value look like in my actual life?

How do I know when I am not honoring it?

DEFINE

My Core Value 10 Alignment and Action

How well am I currently honoring this Core Value?

1 2 3 4 5 6 7 8 9 10

Barely honoring it

Living fully in alignment

Evidence for my rating

What would moving one point higher look like?

One change or action I am willing to try

What support or boundary would help?

Alignment at a Glance

#	Core Value	Score 1–10	One Point Higher
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Which values am I honoring especially well?

Which need more attention?

DEFINE

You Have Found Your Foundation

You looked at happiness, difficulty, what feels essential, what brings peace, and the qualities you admire. You noticed patterns. You chose and defined the values that feel most fundamental.

The value that feels most urgent right now is

The greatest gap between what I say matters and how I am living is

The smallest useful step I can take is

DECIDE

Which choice honors my values?

DISCOVER → DEFINE → DECIDE → DEFEND → DESIGN

A difficult decision is often easier to understand when you stop asking what you should do and begin asking which option best honors what matters most.

Move slowly. Be honest. Let your own life provide the evidence.

The Core Values Decision Filter

The decision I am considering

1. Which of my Core Values does this choice honor?

2. Which of my Core Values might this choice compromise?

3. What choice or adjustment would allow me to honor what matters most?

When Two Core Values Collide

Sometimes a difficult decision does not mean you are disconnected from your values. It may mean two important values are pulling you in different directions.

Core Value A

Core Value B

How is each value asking to be honored?

Could I change the timing, terms, or expectations?

Is there a third option?

DECIDE

Compare My Choices

Choice A

Values honored

Values compromised

Choice B

Values honored

Values compromised

DECIDE

My Decision

The option that best honors what matters most is

Am I choosing this because it honors my Core Values - or because I am afraid of disappointing someone else?

What tradeoff am I consciously accepting?

My next step and date

DEFEND

What boundaries protect my values?

DISCOVER → DEFINE → DECIDE → DEFEND → DESIGN

Knowing what matters and protecting what matters are different things. A boundary is a limit you establish around what you will accept, participate in, give, tolerate, or choose.

Move slowly. Be honest. Let your own life provide the evidence.

The Core Values Boundary Builder

1. Which of my Core Values feels compromised?

2. What is happening that conflicts with this value?

3. What do I need in order to honor this value?

4. What is within my control?

5. What boundary would help me protect this value?

Put the Boundary Into Words

What is happening?

What do I need?

What will I do if necessary to honor my value?

My boundary in my own words

When Yes Really Means No

People-pleasing can quietly pull you away from your Core Values. There is a difference between choosing to compromise and continually abandoning what matters to keep someone else happy.

Where am I saying yes when I want or need to say no?

What is this costing me?

Which value needs protection?

A more honest answer would be

The Hard Part

Sometimes setting the boundary is not the hardest part. The hardest part is tolerating another person's reaction to it.

Whose reaction am I afraid of?

What am I predicting will happen?

Am I changing this boundary because I reconsidered what is right for me - or because I am uncomfortable with someone else's reaction?

How can I support myself through the discomfort?

Do Not Take Everything Personally

Not every disagreement is a rejection of you. Not every boundary someone else sets says something about your worth. You can care about another person's feelings without making yourself responsible for all of them.

What do I actually know?

What am I assuming?

Did I communicate honestly and act with integrity?

Did I respect this person and also respect myself?

DEFEND

Boundary Practice 1

Situation

Core Value I am protecting

What I need

What is within my control

Words I can use

DEFEND

Boundary Practice 2

Situation

Core Value I am protecting

What I need

What is within my control

Words I can use

THE MELISSA METHOD

DESIGN

How do I create a life that reflects my values?

DISCOVER → DEFINE → DECIDE → DEFEND → DESIGN

Your life is built through ordinary choices. Small decisions accumulate. Over time, they become a life. Begin with one meaningful adjustment instead of trying to redesign everything at once.

Move slowly. Be honest. Let your own life provide the evidence.

The Values to Life Check

Core Value

Where is this value already present in my life?

Where is it missing or receiving too little attention?

What would honoring it more consistently look like?

What is one small action that would move me closer?

Where My Values Need a Place to Live

Consider how your Core Values appear across the different areas of your actual life.

Life Area	Value I Want to Honor	One Adjustment
Relationships		
Home		
Work		
Health		
Time		
Money		
Creativity		
Community		

Do Not Redesign Your Entire Life Today

Not every misalignment requires a dramatic decision. Sometimes one conversation, one protected hour, one boundary, one honest no, or one meaningful yes can move your life closer to alignment.

Where do I currently feel most out of alignment?

If the current alignment is a 3, what would make it a 4?

The smallest meaningful adjustment I can make this week is

When will I do it?

A Day That Reflects My Values

Do not design a fantasy day. Describe a realistic day that gives your Core Values room to live.

How would I begin the day?

How would I use my time and energy?

Who would I connect with?

What would I say no to?

How would I know the day felt aligned?

Morning and Evening Alignment

A simple morning question or practice that reconnects me with my values

One action I want to prioritize during the day

An evening question that helps me notice alignment

A small ritual that helps me return to myself

Weekly Values Check In

Which Core Values did I honor well this week?

Which did I neglect or compromise?

What pulled me away from them?

What is one adjustment for next week?

One aligned choice I am proud of

Monthly Alignment Review

Where did my life feel most aligned this month?

Where did it feel off?

What changed in my priorities or circumstances?

Which Core Value needs attention next month?

One decision, boundary, or habit I will focus on

The Values Compass

Return here when life feels off. The answer may not explain every difficult feeling, but values misalignment is a useful place to begin looking.

Which Core Values am I honoring well right now?

Which am I neglecting or compromising?

What has been pulling me away from them?

What small adjustment could bring me closer to alignment?

Which Core Value am I not honoring right now?

My Core Values Statement

The principles I choose to build my life around are:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Keep this statement somewhere you can return to when you are making a decision, setting a boundary, or building something new.

My 30 Day Alignment Commitment

The Core Value I will focus on

What honoring it will look like

The action I will repeat

The boundary that may be needed

How I will track my progress

My start date and review date

Return to the Framework

DISCOVER

What matters most to me?

DEFINE

What does it mean to me now?

DECIDE

Which choice honors my values?

DEFEND

What boundaries protect my values?

DESIGN

How do I want to live?

Your values are your compass. Return whenever life feels off.

And Then You Begin Again

The Melissa Method™ is not something you complete once and put away. Your circumstances will change. You will change. There will be seasons when you need to ask the questions again.

What matters most to me now?

What needs to change in the way I am living?

What is one promise I want to make to myself?

When will I return to this workbook?

Repeatable Decision Filter

Decision

Values honored

Values compromised

Tradeoff I am accepting

Third option or adjustment

Choice that best honors what matters

Repeatable Boundary Builder

Core Value being compromised

What is happening

What I need

What is within my control

Boundary that would help

Words I can use

Repeatable Values Compass

Values I am honoring

Values I am neglecting

What is pulling me away

One adjustment

Support or boundary needed

Notes

**Your values are not something you find once.
They are something you choose to honor every
day.**

*Discover what matters most. Honor it every day.
Return to it whenever life feels off.*

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