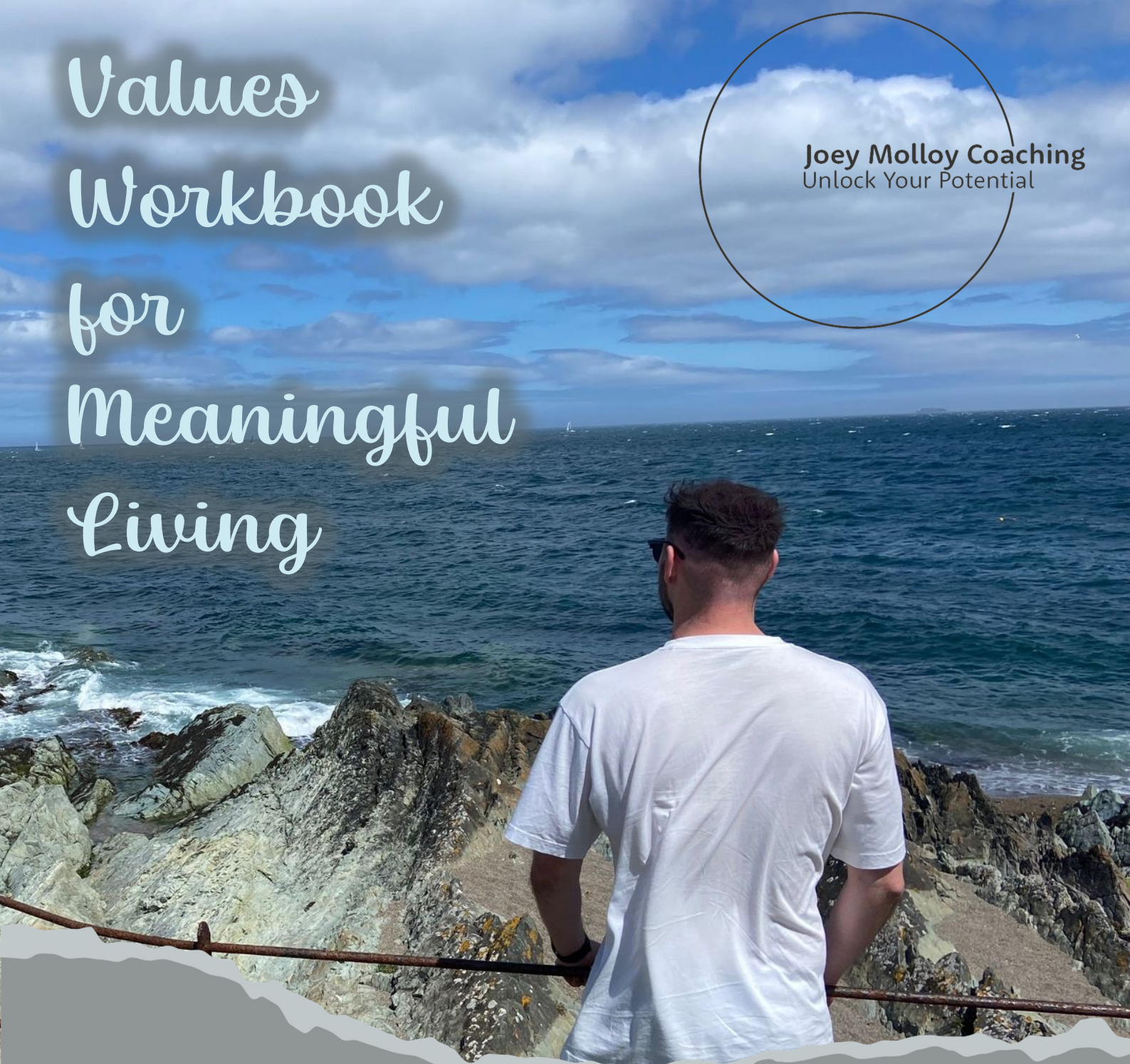


Values Workbook for Meaningful Living

Joey Molloy Coaching
Unlock Your Potential



YOUR NAME





WHAT BROUGHT YOU HERE TODAY?

[illegible]

WELCOME TO THE VALUES WORKBOOK!

If you're feeling stuck in the routine of a work life rut, you're not alone. Many men experience a sense of stagnation, feeling disconnected from their true selves and the life they aspire to lead. The impact of such a rut extends far beyond the workplace, affecting overall well-being, relationships, and happiness.

Understanding your values, I believe is the first step toward breaking free from this cycle. Your values act as the compass guiding you toward a life of purpose and fulfillment. In this workbook you will get clear on your values, answer some key questions to identify areas where you are living inline with them and areas you are not.

In completing the workbook, you'll have the information to reflect on the life you've been living and get clarity on the one you want to lead –a life where your career path is a source of joy and fulfillment not a burden. You'll reclaim your time and gain the confidence that the path you're on is the right one at this point in your life. Get ready to step into a future that aligns with your values and brings a newfound sense of happiness.

Enjoy the Workbook,

Cheers, Joey!

HOW CAN WE



LIVE A FULFILLED LIFE?



HOW ARE YOU FEELING THIS WEEK?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

GET TO KNOW YOURSELF

1. What does your typical morning routine look like?

2. What does your ideal morning routine look like?

3. What's a hobby you enjoy or use to enjoy?

4. When was the last time you done this hobby and how did doing it make you feel?

GET TO KNOW YOURSELF

5. Where is a special place to you in the world that brings back wonderful memories?

6. What's something you are grateful for?

7. What's a song/artist you really like that people might not know about you?

WHAT ARE VALUES?

Values vary from person to person, they're usually created by an individual's upbringing, experiences, culture, and personal preferences.

We can express our values in many ways, such as through language, behaviour, and attitudes. For example, someone who values connection may feel unhappy when they spend time alone.

Values play an important role in our happiness, influencing our decisions and relationships, and guiding our behaviour in different situations.

The number of values is not fixed & varies from person to person.

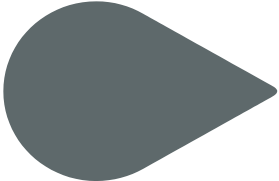


Why is living in line with your values important?



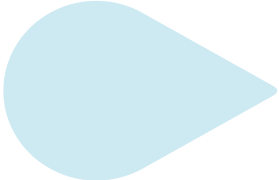
Living in line with your values allows you to live a more authentic and fulfilling life, you are more likely to experience a sense of purpose and meaning, even feeling more confident and motivated in your day-to-day life.

WHY IS LIVING IN LINE WITH YOUR VALUES IMPORTANT?



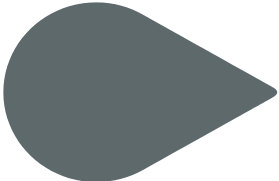
Clarity

Your values provide a sense of direction for your life. It will help you to make decisions and set goals that are in line with what matters most to you.



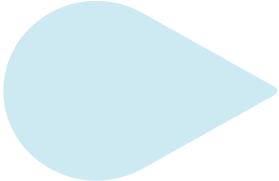
Authenticity

Living in line with your values helps you to be true to yourself, and to express your thoughts, feelings, and actions in a way that is authentic and genuine.



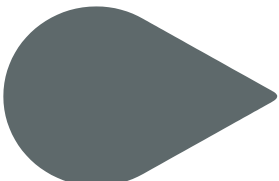
Fulfillment

When you live according to your values, you are more likely to engage in activities that bring you joy and fulfillment.



Resilience

Our values can serve as a source of strength and resilience during difficult times, helping you to stay focused on what is important and to overcome obstacles.



Better relationships

When you live in line with your values, you are more likely to attract and maintain relationships with people who share your values, and to build deeper, more meaningful connections with others.



Boundaries

Living in line with your values makes it easier to create boundaries and say yes to what matters to you and no to events/activities/people that move you away from your values.



Overall, living in line with your values can help you to create a life that feels authentic, purposeful, and fulfilling!

The background of the entire slide is a long-exposure photograph of a rocky coastline at night. The sky is filled with stars, and the Milky Way galaxy is clearly visible, arching across the upper half of the frame. The foreground shows dark, jagged rock formations jutting out into the sea. The water is calm, reflecting the light from the stars and the Milky Way. The overall mood is serene and contemplative.

Values Exercise

This exercise encourages a change of perspective. We will start by **focusing on our values** in life. Next, we will add "**How Can We**" use our values to influence our lives.

VALUES

Family	Respect	Commonality
Freedom	Joy/Play	Contributing
Security	Forgiveness	Spiritualism
Loyalty	Work Smarter & Harder	Strength
Intelligence	Excitement	Entertain
Connection	Change	Wealth
Creativity	Goodness	Power
Humanity	Involvement	Affection
Success	Faith	Cooperation
Invention	Wisdom	Love of Career
Diversity	Beauty	Encouragement
Generosity	Caring	Pride in Your Work
Integrity	Personal Development	Clarity
Finesse	This Too Shall Pass Attitude	Charisma
Love	Honesty	Humor
Openness	Adventure	Leadership
Religion	Kindness	Happiness
Advancement	Teamwork	Self love
Reciprocity	Career	Peace of mind
Enjoyment	Communication	Kindness
	Harmony	Discipline

VALUES

Courage

Balance

Compassion

Fitness

Home

Be True

Contentment

Friendship

Abundance

Patience

Innovation

Quality

Peace

Learning

Excellence

Entrepreneurial

Professionalism

Relationships

Knowledge

Change

Prosperity

Wellness

Finances

Gratitude

Grace

Endurance

Facilitation

Effectiveness

Fun

Fame

Justice

Appreciation

Willingness

Trusting Your Gut

Giving People a Chance



13 - 15 Minutes

VALUES

- 1. Write down 20 Values that stand out to you the most.
- 2. Out of those 20 Values reduce it to 10.
- 3. Out of those 10 reduce it to 5.

5 Minutes

3 - 5 Minutes

2 - 3 Minutes

Understanding what your values mean to you!

Value 1: _____: What does this value mean to you personally?

Value 2: _____: What does this value mean to you personally?

Value 3: _____: What does this value mean to you personally?

Value 4: _____: What does this value mean to you personally?

Value 5: _____: What does this value mean to you personally?

PUTTING VALUES INTO PRACTICE

Fill in Your 5 Values from previous section.

-

The aim here is to fill in each section with a different value each time

PUTTING VALUES INTO PRACTICE

Example: Think of a time you were going against your values at any stage in your career

Felt Unfulfilled

- Which value? Freedom
- Who were you with, if anyone? My work colleagues.
- What was the activity/situation involved? I was over working in a job, with long unsociable hours.
- How was this going against your values & How did it make you feel? I was working long unsociable hours. I missed out on doing things with friends/family. Felt like I was trapped in this unhealthy routine of going to work and home and repeating this process. I really felt unfulfilled.

1.1 Think of a time you were going against your values at any stage in your career

Felt Unfulfilled

- Which value?
- Who were you with, if anyone?
- What was the activity/situation involved?
- How was this going against your values & How did it make you feel?

PUTTING VALUES INTO PRACTICE

1.2 Think of a time you were going against your values at any stage in your career

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- Which value?
- Who were you with, if anyone?
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1.3 Think of a time you were going against your values at any stage in your career

Felt Unfulfilled

- Which value?
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PUTTING VALUES INTO PRACTICE

1.4 Think of a time you were going against your values at any stage in your career

Felt Unfulfilled

- Which value?
- Who were you with, if anyone?
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1.5 Think of a time you were going against your values at any stage in your career

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- Which value?
- Who were you with, if anyone?
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PUTTING VALUES INTO PRACTICE

Example: Think of a time you were living inline with your values at any stage in your career

Felt Fulfilled

- Which value? Freedom
- Who were you with, if anyone? Myself
- What was the activity/situation involved? I was working from home for a sales company.
- How was this inline with your values & How did it make you feel? I was working from home & in control of my own working hours. This allowed me meet up with friends, spend time with family, go to the gym on my lunch break and avoid spending hours transporting to work. It gave me so much more valuable time in my week to do the things I love. I felt very grateful.

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PUTTING VALUES INTO PRACTICE

Example: Think of a time you were going against your values outside work

Felt Unfulfilled

- Which value? Freedom
- Who were you with, if anyone? My football team
- What was the activity/situation involved? I was playing for my football team, training two nights a week with a game at the weekend.
- How was this going against your values & How did it make you feel? I wasn't really enjoying playing, however I felt I would be letting the team down if I decided to quit. I was unmotivated to play and would dread training all day.

2.1 Think of a time you were going against your values outside work

Felt Unfulfilled

- Which value?
- Who were you with, if anyone?
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PUTTING VALUES INTO PRACTICE

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PUTTING VALUES INTO PRACTICE

Example: Think of a time you were living inline with your values outside work

Felt Fulfilled

- Which value? Freedom
- Who were you with, if anyone? My friend John & Chris
- What was the activity/situation involved? We were travelling Asia for 3 months together.
- How was this inline with your values & How did it make you feel? I had the freedom to do whatever I wanted each day without an unhealthy routine. I was able to enjoy each day being in control of my own time. It made me feel free, happy and excited.

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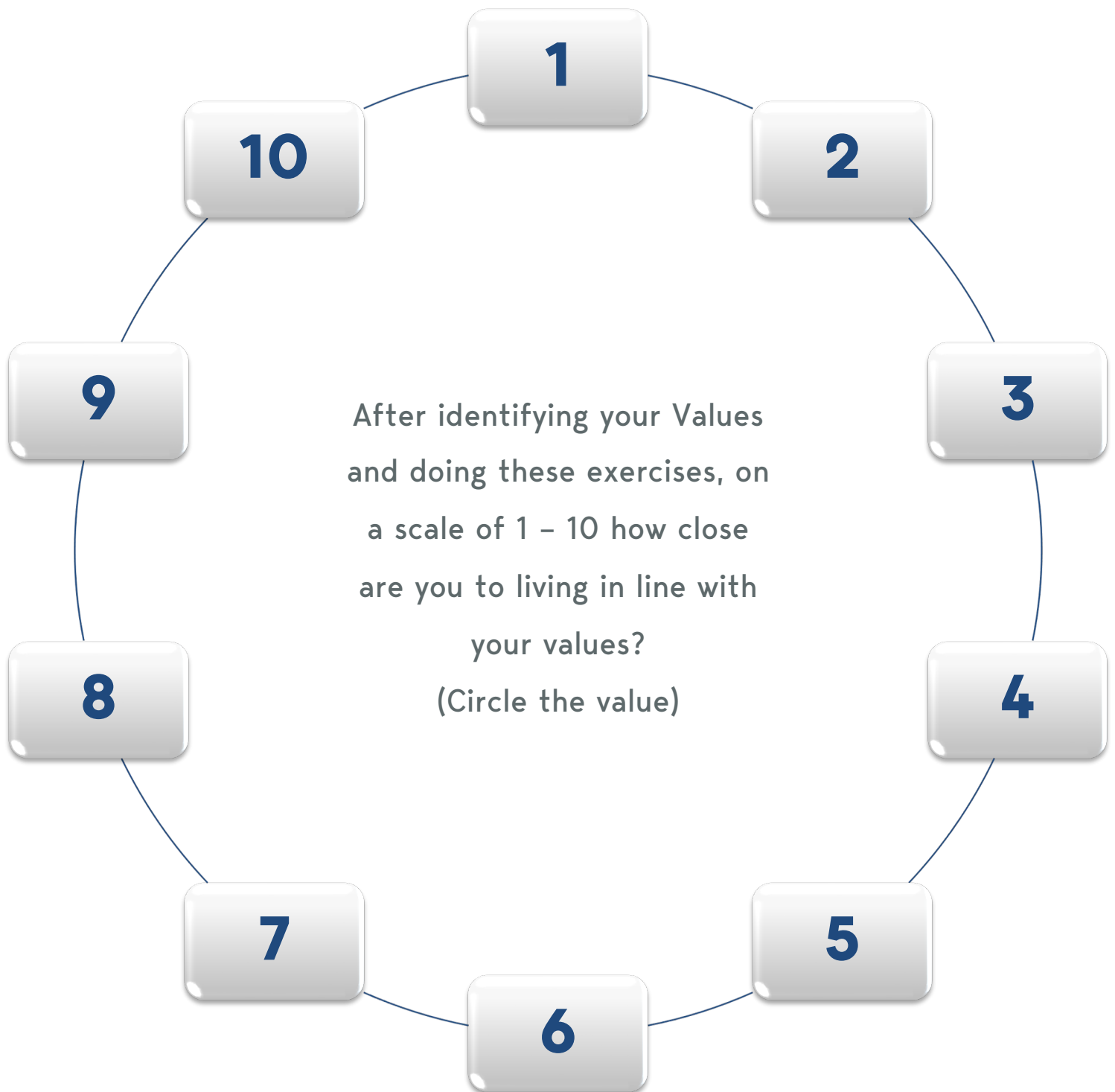
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PUTTING VALUES INTO PRACTICE



ACTION STEPS & APPRECIATION

1

Write down one action step for the week ahead that's in line with your values?

2

Are you aware of one small change you could make to live more in line with your values? (Give a brief summary)

3

Write down one takeaway you got from this values workbook if any?

Joey Molloy Coaching
Unlock Your Potential

Meet Joey Molloy
a coach for men who want to unlock their potential.



- I help men believe in themselves, boost their self-confidence to go after what they truly desire.
- I do this because I know how tough life can be when you doubt yourself, and I want to help breakthrough these barriers.
- I believe that when we live a life that is inline with our values, we lead happier, more fulfilling lives.

DM me on Facebook or Instagram if you finished the workbook, have any questions or want to share your feedback/experience!

Feel free to share on your socials if you enjoyed the workbook!

HAVE A GREAT WEEK!

