

Reconnect

*A simple values reflection
to discover what matters most*



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Reclamation Coach

Life get's noisy.

This workbook is your pause button,
a few quick prompts to help you
tune-in and notice what lights you up



Let's get started

What are values?

Values are the things that matter most to you. They're your guiding principles that shape your choices, your relationships, and the way you want to live your life. They're not goals or "shoulds."



They're the qualities and feelings that matter most to you, that make life feel meaningful and they're different for each and everyone of us. That's why it's important to take a moment to connect with and identify what yours are. When you know your values, decisions become clearer, and life feels more aligned with who you truly are.

Your Turn

Below are a list of some values - this list is not exhaustive, you can select from them or choose your own.

- ➔ Circle or highlight **as many** that resonate with you or feel most important to you, or add your own. Keep going until you feel you've connected with all that are meaningful for you.
- ➔ When you're finished, narrow it down to your **top five** - the ones you couldn't imagine living without.
- ➔ Write them in the space provided.

(Remember: there's no right or wrong — your values are uniquely yours.)

My Top 5 Values are:

1.
2.
3.
4.
5.

Your Values List

Personal Growth & Learning

Acceptance
Appreciation
Communication
Creativity
Curiosity
Discipline
Equality
Generosity
Graciousness
Gratitude
Humility
Innovation
Knowledge
Modesty
Open-mindedness
Optimism
Respect
Safety
Self-awareness
Self-improvement
Self-respect
Wisdom

Freedom & Balance

Adaptability
Financial security
Flexibility
Freedom
Harmony
Independence
Simplicity
Sustainability

Connection & Relationships

Compassion
Community
Cooperation
Empathy
Family
Friendship
Kindness
Love
Teamwork
Trustworthiness

Purpose & Contribution

Ambition
Courage
Empowerment
Perseverance
Purpose
Resilience
Resourcefulness
Self-discipline
Spirituality

Integrity & Character

Accountability
Authenticity
Dignity
Fairness
Honesty
Honour
Integrity
Justice
Loyalty
Respect
Responsibility
Tolerance

Wellbeing & Joy

Appreciation
Balance
Forgiveness
Fun
Gratitude
Harmony
Health
Hope
Humor
Mindfulness
Patience
Self-acceptance
Self-love
Self-care

Who matters most to you?

Who do you feel safe, supported and yourself around?

Write 2-3 names and why they matter.



Who

Why



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What things bring you joy?

What fills your cup?

Even if you're not doing these things, think about, if you had all the time and money to do anything you want . . .

“what **would** bring you joy or
what **would** fill your cup?”



Ask yourself “during which activities do I feel most alive and lost in the moment?”



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Reflect

Look at what you've written.

What themes stand out?

*What are the **TOP 5** things that bring you joy, make you smile, or make you feel better?*

Write them below.



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Do more of these things

You've just taken the first step toward living with more joy and alignment. Keep your top values visible and revisit them often, they'll guide your next steps

Reduce, or eliminate, those things that drain your energy, time and money and don't help you feel fulfilled.

Consciously make time, create space and look for opportunities to bring more of what does make you feel better, joy, happiness, content, success (whatever it is for you) into your life.

You have now identified what is important to you and what you want, what you can or could do to fill up your cup.

This is your time!

You are in the drivers seat



Only YOU can decide if you want to create change and learn how to make space for the things you value and that you want more of in your life.

Thank you for investing time and energy in you
and completing these activities.

Doing this work isn't just a "thing you do",
it's a commitment to yourself.
You are not just filling out pages; you are shaping your future,
and I congratulate you for taking this step.

By identifying your core values, you've embarked on a powerful journey
of self-discovery. Remember, this is just the beginning.

Because with awareness comes choice - and now that you're aware of
what's important to you, you have a choice to create opportunities
to bring more of that into your life - or not.

You've identified and acknowledged your values,
and that's a game-changer.
Now, the real magic happens as you align your
choices with your values.

The journey to a more authentic and fulfilling life is uniquely yours,
and I'm excited to see where it takes you.

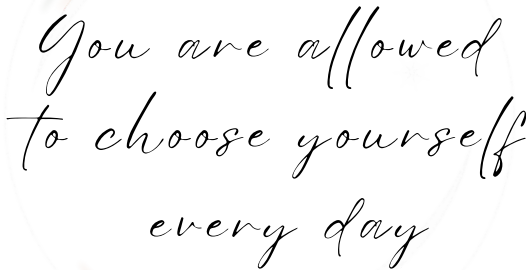
This workbook is more than a tool; it's a catalyst for positive change,
and it's the first step for you to pave a new path.
A path that brings you more of what you desire.

"You've got this. Now, go get it!"

Until we meet again, remember to let your light shine brightly.
Cheers to your next chapter

If you loved this reflection, let's explore your next step together.
Please choose a time and [book your free 45 minute clarity call](#),

Even if you don't book now,
keep these values where you'll see them often.



You are allowed
to choose yourself
every day

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