

Fold me

“When you learn how much you’re worth, you’ll stop giving people discounts.”
- unknown



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Know Your Values



What are your values?

We talk a lot about our values. Oftentimes we put a lot of thought and reflection into discovering and declaring our values. Has living through a pandemic created new clarity in your values? Have any of your values shifted or changed? If you need help identifying your values, choose two or three that you feel a deep connection to, that reflect how you identify yourself. Don't choose words you've been coached to be or words that have never felt real to you. These questions might assist you:

- *Does this define me?*
- *Is this who I am at my best?*
- *Is this a filter I use to make hard decisions?*
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Once you have identified two or three values, go a little deeper with each one to better practice your values.

Value #1 _____

1. What are three behaviors that support this value?
2. What might happen that indicates you're outside this value?
3. What's a time when you were fully living this value?

Value #2 _____

1. What are three behaviors that support this value?
2. What might happen that indicates you're outside this value?
3. What's a time when you were fully living this value?

Practice your values

It's important to have self-compassion and an accountability partner to better live and fulfill your values.

1. Who is someone who knows your values and supports your efforts to live them?
2. What can you do as an act of self-compassion to support yourself in the hard work of living your values?
3. What does it feel like when you're living your values?
4. How does living your values shape the way you give and receive feedback?

What shows up when you show up? Are you honoring your values? How does practicing your values contribute and add value to your life and your work? We all struggle and fall, but getting clear on our values will help us get up and continue to grow and move forward.

Values

Accountability	Achievement	Adaptability	Adventure
Altruism	Ambition	Authenticity	Balance
Beauty	Being the best	Belonging	Career
Caring	Collaboration	Commitment	Community
Compassion	Competence	Confidence	Connection
Contentment	Contribution	Cooperation	Courage
Creativity	Curiosity	Dignity	Diversity
Environment	Efficiency	Equality	Ethics
Excellence	Fairness	Faith	Family
Financial	Forgiveness	Freedom	Friendship
Stability	Generosity	Giving Back	Grace
Fun	Growth	Harmony	Health
Gratitude	Honesty	Hope	Humility
Home	Inclusion	Independence	Initiative
Humor	Intuition	Job Security	Joy
Integrity	Kindness	Knowledge	Leadership
Justice	Legacy	Leisure	Love
Learning	Making a	Nature	Openness
Loyalty	Difference	Parenting	Patience
Optimism	Order	Perseverance	Personal
Patriotism	Peace	Recognition	Fulfillment
Power	Pride	Responsibility	Reliability
Resourcefulness	Respect	Self-Discipline	Risk-Taking
Safety	Security	Service	Self-
Self-Respect	Serenity	Stewardship	Expression
Spirituality	Sportsmanship	Time	Simplicity
Teamwork	Thrift	Truth	Success
Travel	Trust	Vision	Tradition
Uniqueness	Usefulness	Wholeheartedness	Understanding
Wealth	Well-being		Vulnerability
			Wisdom