

# MASTER YOUR MINDSET

## Module 5: Values

As you know by now, our values are really important....like SUPER important. But, often times people are really unsure about their values and are often left in conflict because their actions are not matching their values. As indicated in our Module 5 section, we need to be clear on these values. Don't forget to refer to the prompting questions in the lesson. Once you have read the lesson, begin your VALUE LIST below.

My VALUE LIST:

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Now take a moment and circle what you think your TOP 5 values are. After narrowing down your top 5, put them in order from your top (#1) to the bottom (#5)

1. \_\_\_\_\_ (TOP)
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_
- 4.) \_\_\_\_\_
- 5.) \_\_\_\_\_

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So, now the tough part. What actions are taking RIGHT now that are aligning with your values? For example, if giving back is a top value, what actions are you taking currently that is aligning with that value? Are you volunteering? Are you giving back? For each goal, write down the actions you are taking **currently** to align with each value.

Value #1: \_\_\_\_\_

Actions:

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Value #2: \_\_\_\_\_

Actions:

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Value #1: \_\_\_\_\_

Actions:

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Value #4: \_\_\_\_\_

Actions:

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Value #5: \_\_\_\_\_

Actions:

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How did that feel? What did you find? Are your actions aligning with your values? Did you notice any behaviours that might be hindering your success? Any behaviours that are moving you further away from your values? Take a moment just to jot down some behaviours that are NOT aligning with your values.

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You have heard me say this a million times before but AWARENESS IS KEY. After doing this exercise you should have a good idea of whether or not your actions are matching your values. Now the next step is to take action to change it. Action outruns bad habits.

So, take a moment and think of one action/one behaviour you can take for each VALUE. What is one thing you can do that would align you with your values?

Example:

Value #1: Honesty

Behaviour: Speak your truth and give honest feedback in a professional manner.

The value here is honesty and the behaviour that would align me would be to give honest feedback and to be honest in sharing my opinion. Sometimes I have a tendency to bite my tongue, not share my opinion or just agree for the sake of agreeing. This leaves me feeling icky and not align with my value of honesty. By changing my behaviour, it will clear the space and keep me in align.

Give it a shot, list one behaviour for each value.

Value #1: \_\_\_\_\_

Actions:

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Value #2: \_\_\_\_\_

Actions:

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Value #3: \_\_\_\_\_

Actions:

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Value #4: \_\_\_\_\_

Actions:

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Value #5: \_\_\_\_\_

Actions:

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Now you have some actionable steps to take so you stay connected to your values. It is really important to remember these and to keep these handy and check in with regularly. We often have a tendency to slip back and forget our values. You now have a friendly reminder that you can whip out at any time for reference or for a friendly reminder.

If you have any questions, please let me know.