

Giving Voice to Your  
*values*

Summer of 2021 Reset



# heart meditation

Before we get started, let's get centered and connect to that heart full of loving intelligence. Here is a little heart meditation to practice opening your heart and feeling more love and gratitude.

1. Find a quiet spot and settle in. Get comfortable. You have arrived on your journey of identifying your values right on time! Take a few deep breaths. There is no need to hurry or rush. Tell yourself "thank you" for taking this time for yourself.
2. Now, it's time to get connected to your resilient, joyful, playful, intelligent, loving heart. Begin by placing one or two hands over your heart to help focus your attention there. You may want to massage your heart area, or even tap on your heart area to wake it up and make a connection to it. Begin to shift your attention away from your mind and surroundings to the area around your heart. Massage your heart area for a minute or so to focus your attention there.
3. Now with one hand or both hands over your heart, begin to breathe intentionally through your heart area. In and out, big breaths, in and out of the heart area. Take your time here, and do this for several minutes, 5 even 10. Notice your body calm down and relax.
4. Now it's time to activate a feeling of gratitude and love in your heart. Begin by saying, "I am so very grateful for \_\_\_\_\_", keep repeating and acknowledging what you are grateful for. Do this for several minutes, "I am so very grateful for \_\_\_\_\_." Notice a feeling of gratitude well up in your heart. You are intentionally shifting your focus to gratitude, and paving the way for an open heart.
5. Now it's time to activate a feeling of love in your heart. Recall someone you love, or a special time or place in your life you loved, and feel the feeling of it in your heart. Enjoy this feeling, soak it in for a little while.
6. If your heart is feeling closed or sad, go gentle. You can say to your heart, "open and release my sadness or heaviness". Give it a try! You can ask your heart to open and let go of the sadness. You may not feel a release immediately, notice what happens over the course of the day.
7. When you are done, release a prayer, wish or intention for the day that you will be able to stay true to your core values.

# core values

After you have centered yourself and silenced the noise, review this list of 50+ core values. Read through the list and mark up those that resonate with you. Now, take a second look at what you have marked up. If you had to identify 5 Top Core Values, what would they be? If there is a value that is missing, please add it to the list.

Prosperity	Humor	Resilience
Winning	Courage	Power
Kindness	Compassion	Security
Assertiveness	Prosperity	Growth
Gratitude	Flexibility	Community
Care	Achievement	Intelligence
Learning	Vision	Strength
Love	Balance	Competition
Advancement	Acceptance	Responsibility
Perseverance	Loyalty	Imagination
Fun	Expertise	Empathy
Creativity	Challenge	Adventure
Trust	Simplicity	Impact
Happiness	Optimism	Honesty
Hope	Family	Faith
Accountability	Confidence	Ambition
Freedom	Excellence	Ethics



# My Top 5 Core *values*

1.

2.

3.

4.

5.

# *reflection*

For one week, reflect on how you are either living in alignment with your Top 5 Core Values, or how you are dishonoring or squashing your values.

At the end of the day, take a few minutes to capture how your actions and activities supported your Top 5 Core Values, or how your day didn't support what's most important to you.

Following is one page for each Core Value. Fill in as much or as little as you desire.

Core Value 1:

How am I living in alignment with this value?  
How am I supporting it?

How am I dishonoring or squashing this value?

.....  
*monday*

.....  
*tuesday*

.....  
*wednesday*

.....  
*thursday*

.....  
*friday*

.....  
*saturday*

.....  
*sunday*

Core Value 2:

How am I living in alignment with this value?

How am I supporting it?

How am I dishonoring or squashing this value?

.....

*monday*

.....

*tuesday*

.....

*wednesday*

.....

*thursday*

.....

*friday*

.....

*saturday*

.....

*sunday*

Core Value 3:

How am I living in alignment with this value?  
How am I supporting it?

How am I dishonoring or squashing this value?

*monday*

*tuesday*

*wednesday*

*thursday*

*friday*

*saturday*

*sunday*



Core Value 4:

How am I living in alignment with this value?  
How am I supporting it?

How am I dishonoring or squashing this value?

*monday*

*tuesday*

*wednesday*

*thursday*

*friday*

*saturday*

*sunday*

Core Value 5:

How am I living in alignment with this value?  
How am I supporting it?

How am I dishonoring or squashing this value?

*monday*

*tuesday*

*wednesday*

*thursday*

*friday*

*saturday*

*sunday*

What insight, *ideas*,  
or nudges do you have about how you  
can live in greater alignment with  
your Top 5 Core Values?

