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LUCY WOOLDRIDGE

RESILIENCE & LEADERSHIP COACH

A free guide

Know Your Values

Discovering what really matters

Three simple steps to rediscover who you are, and how closely you're living by what matters most to you.

Clear in who you are. Steady in how you live.

Welcome

Thank you for downloading this guide

Together, we're going on a journey to explore who you are and, just as importantly, who you want to be.

In just three steps, you'll discover what your core values are and how closely you're living in line with them.

As a coach, I often hear from people just like you telling me:

> *"I don't know who I am anymore."*

> *"I want to be more confident."*

> *"I have everything I could want, and I still don't know how to be happy."*

We are raised to live by the values of others. Even now, we often find ourselves sidetracked by the values and beliefs of friends, family and even social media.

It's no wonder we lose sight of who we are at times, especially during times of change and uncertainty.

So let's get back to basics.

Getting started

What is a value?

Your core values are what you stand for. They guide your actions and your decisions.

When we're living in line with our own values, that's when we have those better days.

When we're out of line with our values

Here are a few examples I've come across in my work.

Trust

You value trust, yet you're not honest with your close ones about how you feel.

Financial independence

You value financial independence, but your spending habits don't allow you to save.

Solitude

You value solitude, yet you never find time to be alone.

I promise, once you're more aware of your core values, you can take steps towards living more in line with them. This is your first step towards exploring your own identity.

What you'll need

- Your imagination
- A pen and a notebook
- The list of values overleaf
- A little bit of time for you, so you can focus on yourself

The three steps

- **Step 1.** Choose fifty values
- **Step 2.** Take them on a journey
- **Step 3.** Rate how you're living by your top three

Your reference list

Over one hundred values

There are many more, some of which may or may not be on your radar. Feel free to add your own.

Acceptance	Dignity	Getting ahead	Knowledge	Reason
Accountability	Discovery	Grace	Leadership	Responsibility
Accuracy	Drive	Gratitude	Learning	Risk
Achievement	Duty	Growth	Logic	Satisfaction
Adaptability	Effectiveness	Happiness	Love	Security
Ambition	Efficiency	Harmony	Loyalty	Self actualisation
Authenticity	Empathy	Health	Maturity	Serenity
Balance	Empowerment	Helping others	Meaning	Solitude
Boldness	Endurance	Honesty	Motivation	Spiritualism
Calm	Enjoyment	Humility	Openness	Success
Carefulness	Equality	Humour	Optimism	Support
Clarity	Experience	Imagination	Order	Talent
Cleanliness	Fairness	Independence	Organisation	Teamwork
Commitment	Faith	Individuality	Passion	Thoughtfulness
Common sense	Family	Insightfulness	Patience	Tradition
Community	Fearless	Inspiring	Peace	Transparency
Connection	Fidelity	Integrity	Persistence	Trust
Consciousness	Focus	Intelligence	Power	Understanding
Courage	Freedom	Intuitive	Professionalism	Uniqueness
Creativity	Friendship	Joy	Prosperity	Victory
Curiosity	Fun	Justice	Purpose	Wealth
Decisiveness	Generosity	Kindness	Realistic	Wisdom

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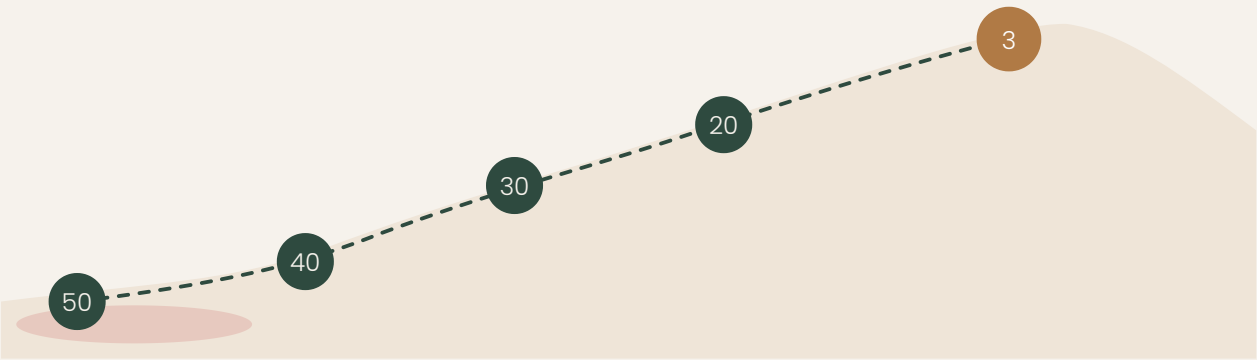
Step 1: choose fifty

Look at the list and think about the values that matter most to you. I'm sure you hold many of these, and more, so this first step is to choose fifty values and write them down. Once you've done this, move on to step two.

2

Let's go on a journey

Step 2: the hike



Close your eyes and take three deep breaths. Now imagine you're going on a hike up a rocky hillside. You're carrying a backpack, and in it are your fifty values. They weigh heavy, but you can manage to carry them.

40 You start at the bottom of the hill, next to a lake. It's a beautiful day and the sun is shining. You start to walk, and when you get a little way up, you can't take the weight of your bag. You put your backpack down, open it and remove ten values that feel less important. Your bag is lighter. Cross those ten off your list; you can leave them behind for now.

30 You walk on and get a little further up. You stop and put your bag down, realising it's still too heavy for the journey. You remove another ten values. Cross another ten from your list.

20 You walk on, but you know you won't make it to the top with the entire contents of your bag. You're halfway up the hill, so you take a rest, and once again you empty out ten more values. You have twenty values left. You take in the view, breathe deeply and walk on.

Step 2, continued

Reaching the top

3

Feeling energised, you take more steps up the hill. You can see how far you've come, and you can even recognise the values you've left behind, waiting for you. Just before you reach the top, you realise that once again you can't go on. You have one more chance to lighten your bag. You stop, rest and remove seventeen (yes, big gulp) more values.

Feeling a little frustrated at having to drop that many, but also invigorated and purposeful, you walk right to the top. You look around you. The view is spectacular, and you can see exactly how far you've come.

You've left behind all the values you didn't need, and you're holding the three core values that make up who you are.

> *Congratulate yourself and take in the moment. Stand tall, feet hip width apart, chin slightly raised, hands on your hips. Stand strong.*
>
> *This is your power pose, and you can feel it. You've done it.*

My three core values

1. _____
2. _____
3. _____

3

How aligned are you?

Step 3: rate yourself

Now that you have your three core values, you can explore them further.

This step asks you to rate yourself, from 1 to 10, on how closely you're living by each value.

A high rating

If one of my values is self development, and I'm reading daily, learning from my mistakes and investing in myself, I could rate myself high on the scale, maybe even 10 out of 10.

A low rating

If one of my values is solitude, but I'm cooped up at home, working through the school holidays with a young family to care for and no time for me, I might rate it low, maybe even 1 or 2 out of 10.

Value 1	1	2	3	4	5	6	7	8	9	10
Value 2	1	2	3	4	5	6	7	8	9	10
Value 3	1	2	3	4	5	6	7	8	9	10

Where are the gaps?

Whatever the rating, the great news is that you now know which values matter most to you. If there are any you feel you're not fulfilling, you can choose to do something about it. Knowledge is power.

Take what you've learned and use the insight to make changes.

What now?

When values hold us back

We expect our values to guide us in the right direction, and they often do. But sometimes they restrict us too.

Family

I may say no to opportunities because I think family always has to come before my other needs.

Commitment

I may stay committed to a relationship or a job that no longer serves me.

Money

I may save it for a rainy day, too scared to spend it on other life experiences.

So looking at your values not only shows you who you are. It also shines a light on how and why you show up the way you do.

YOUR REFLECTION

What commitments can you make to live your life true to you?

Perhaps you've completed this exercise and realised that you are already living your life true to you. If so, congratulations.

Reflect on every way your values show up. Perhaps there is another way of looking at things?

I hope this exercise has been a useful way to embrace your authenticity and the way you live.

Your reflections

Notes

Where are my biggest gaps?

Where might a value be holding me back?

One commitment I'll make this week

About me



Hello, I'm Lucy

I'm an accredited Master Coach with a degree in psychology and over twenty years of experience in addiction services, NHS mental health services and the charity sector. I've run my own coaching practice since 2020, alongside ear acupuncture in my clinic in Fleet.

Along the way I've seen that once people are more aware of their values, they step into their identity with more confidence, rather than hiding from it. That in itself is the start of many transformations.

YOUR NEXT STEP

Book your free first session

If this exercise has stirred something, let's explore it together. Your first coaching session with me is free and lasts up to an hour. It's a real coaching conversation, not a sales call, and a lovely place to look at what your values are telling you.

Just email me at hello@resiliencewithlucy.co.uk and I'll reply personally.

Prefer to start gently? You're very welcome in my free Facebook group, The Resilience Nook, a community to lift, inspire and encourage one another.

Warmest wishes,
Lucy

resiliencewithlucy.co.uk Instagram Facebook LinkedIn