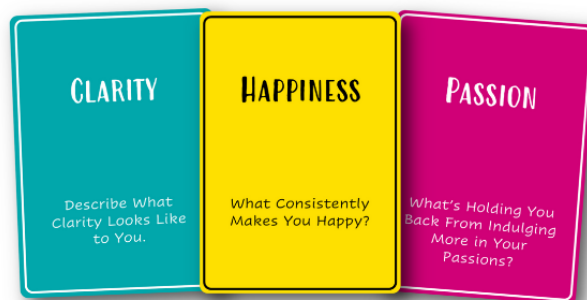


**LIFE**  
**VALUES**

# WORKBOOK



# WORKBOOK



## Welcome to the Life Values Workbook

For best results, use this workbook with your Life Values card deck.  
Don't have Life Values? Be sure to visit the website and order your deck today.

### The exercises in this workbook aim to:

- Deepen your understanding of your core Life Values.
- Explore the past and the origins of your Life Values.
- Explore new possibilities and opportunities available to you.
- Acknowledge the changes in your life through the passage of time.
- Provide you with insight on your behaviour and beliefs.
- Explore and define your relationship values and what they mean to you.
- Prioritise, strengthen and affirm your Life Values.

Keep an eye on the website for more Life Values exercises, videos and related resources.

<https://www.jacquelinehogan.com/category/life-values/>

## Identify Your Values

### How Do I Identify My Values?

Your values are what guide you in life. Even if you aren't consciously aware of them, all your decisions will be influenced by your values. Let's improve the quality of your decision making, life and relationships by understanding your values deeply.

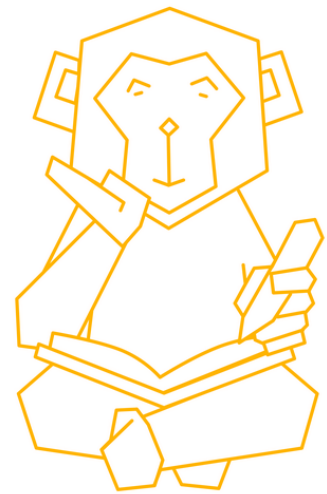
As you progress through the exercises, reflect on your past and answer the series of questions to uncover the values and things you resonate with the most.

**Let's go!**

#### Exercise 1 – Values – Exploring the Past:

Reflect back on a moment in time when you felt happy, fulfilled and proud of yourself.

Take some time to describe this moment in detail. Identify what elements of this situation, led you to these feelings of happiness and pride.



*1. What were you doing?*

*2. Were you with other people, and if so who?*

*3. What other factors contributed to your happiness?*

**Exercise 2 – Values from Feelings of Regret:**

In the same way that we feel happy and fulfilled when we're living out our values, we can also experience feelings of regret, sadness and emptiness when we are not living by our values.

Take a few moments to remember a time when you felt incredibly regretful. Describe the details of this situation/memory.

*1. What was it specifically that led to these feelings of regret?*

### Exercise 3 – Values from Feelings of Frustration:

Feeling frustrated can often be a sign that our values might be compromised. Perhaps in part, by ourselves, by external factors or by other people.

Identify a time when you felt frustrated or annoyed. Describe the details of this situation/memory.

*1. What was it specifically that led to these feelings of frustration?*

### Exercise 4 – Values from a State of Flow:

There are certain activities that we can find ourselves doing that engross us and cause us to get into flow. These are usually activities that are challenging and rewarding. While in this state of flow you may feel like you lose track of time.

Make a list of activities where you experience this flow.



*1. What is it specifically about these activities that you enjoy so much?*

### Exercise 5 – Values from Inspiration:

There are certain people that we come across in life who we find inspiring and embody qualities we admire. Who inspires you?

*1. Who are your role models and what qualities of these individuals do you admire?*

### Exercise 6 – Values from Natural Qualities:

Everyone has something to offer to the world. Take the time in this section to acknowledge what you have to give to those around you. What makes you of value?

*1. What are your natural gifts and qualities? When do people turn to you for help?*

## Exercise 7 – Values from an Experience of Inner Peace:

Determine your most important values based on your experiences of inner peace.  
Think of memorable times where you felt calm and at peace.

### *1. What values describe or contribute to your experiences of inner peace?*

## Exercise 8 - Define your Core Life Values by Priority

Use the Life Values cards to explore and select your top 10 Life Values.

Next, prioritise your core Life Values by ranking them in order of importance. This process will be challenging, as you'll have to look deep within yourself for answers. However the end result is most rewarding and empowering.

## Exercise 9 – Your Top 20 Shared Relationship Life Values

With your partner, explore and select your top 20 relationship Life Values.

Are they different from your own? Where will you compromise? Which values are more important? Which values are a sticking point?

Creating the top 20 set will be challenging but very rewarding. Send a picture of your top 20 through to Jacqui by email. ( [info@jacquelinehogan.com](mailto:info@jacquelinehogan.com) )

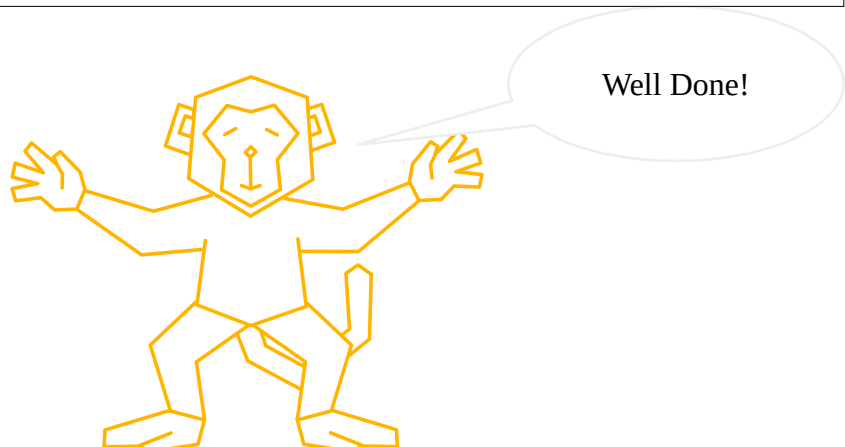
Next, have a discussion about your relationship Life Values. Are you fulfilling them? Do they ebb and flow? What Life Values have been neglected for too long? What relationship values are your focus for the next 3 months, and 12 months?

**What if you can't decide the priority or you have too many Life Values?**

One way to get a sense of importance is to not worry about order and just compare two Life Values from your selection and ask yourself:

*"If I could only satisfy one of these, which one would I choose?"*

Work your way through the pairs, comparing each Life Value with each other until you've got your list in order of importance.

***1. Reflect on the meaning of your Life Values & Shared Life Values.***



## Exercise 10 - Reaffirm your Life Values:

Following on from the previous exercises - While your Life Values can change over time, take a few moments now to check that your Core Life Values **fit and align** with your greatest life vision.

**One way to do this is to ask yourself the following questions...**

1. Do your core Life Values make you feel good about yourself?
2. Are you proud of your top three values?
3. Would you be comfortable telling people close to you about your Life Values?
4. Do these values represent things you'd support, even if it wasn't popular or widely accepted?
5. Are the Life Values you've chosen 'yours' or are they to appease someone else?

When you are living in alignment with your Life Values you'll have an innate sense of integrity and confidence in the decisions you're making.

To finish this exercise, create a powerful Life Values Statement to affirm and embody 'who you are'. This statement will **strengthen your identity – your sense of self**. For example...

*"I'm Jane, I'm a **Healthy, Adventure** driven women with a passion for **Connection, Justice, Family, and the Environment**. I'm guided by my strong sense of **Spirit, Peace and Humility**."*

Play around to make an empowering statement that's easy to remember and recite it to yourself until it sinks in. Why not write it out and say it to yourself each morning while brushing your teeth!

For couples, do the same thing and create an empowering statement for your relationship. E.g.

*"We share a **Healthy, Adventure** driven lifestyle and put **Marriage and Family** first. We believe in strong **Communication** to ensure our **Connection** is unwavering. Our passion for **Justice** and the **Environment** is balanced by our natural sense of **Spirit, Fun & Peace**." Our **Love** endures.*

## In Summary

**Wrap up the workbook with the follow reflective questions...**

Couples, use the following questions as conversation starters, and discuss.

- How has taking the time to explore and define your Life Values been of benefit to you?
- What new understanding do you now have? Why is this important to you?
- How will you align your Life Values with your vision and goals?
- What will it mean to embrace and live by your Life Values?
- How will your Life Values shape your identity and character?
- How will your Life Values make you a better partner?
- How empowering will making Life Values based decisions be for you?
- How will your Life Values support you and your relationship during times of uncertainty?

## FAQ & Support

Please visit the Life Values online support page.  
<https://www.jacquelinehogan.com/life-values-support>

For specific questions email Jacqui & Lee  
info@jacquelinehogan.com



## Related Resources

Jump online and check out the related resources.

## Website Links

<https://www.jacquelinehogan.com/life-values-learn-more/>

<https://www.jacquelinehogan.com/questions-to-grow-your-relationship>

<https://www.jacquelinehogan.com/vision-board-clarity-with-life-values/>

<https://www.jacquelinehogan.com/life-values-for-relationships/>


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#### Watch Now

Discover how Life Values inspire new connection, deeper communication, trust, happiness, contentment, and an exciting vision for the future!



Life Values for Relationships with Couples Counsellor Jacqui Hogan

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