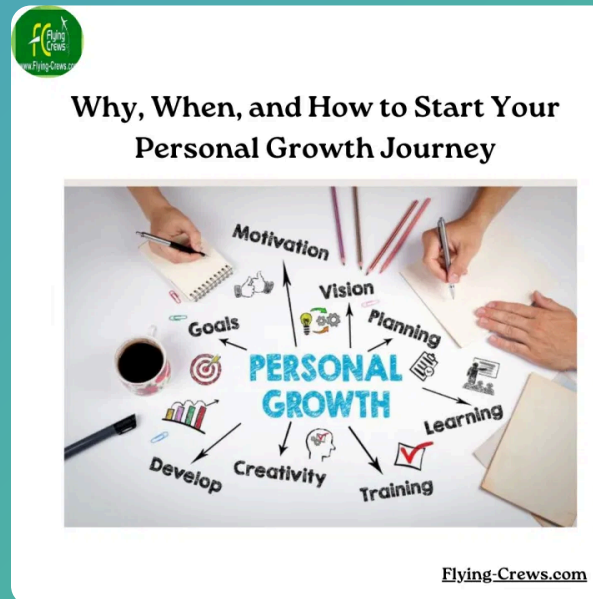


Your Personal Core Values Discovery Playbook

A Self-Awareness Journey to Authentic Productivity



Welcome & Purpose

What This Playbook Will Help You Achieve

Discover your core personal values that serve as the foundation for authentic living and meaningful productivity.

Why Core Values Matter

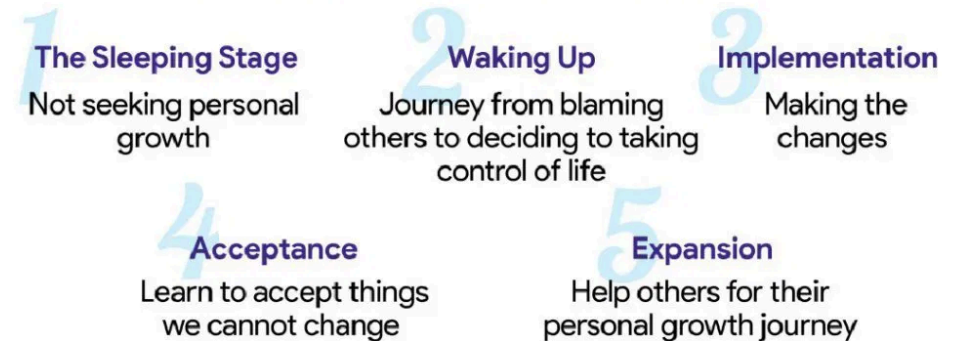
Your core values act as an internal compass, guiding your decisions, actions, and priorities in alignment with your true self.

How to Use This Interactive Guide

Work through each step at your own pace. Take time to reflect on the exercises and write your thoughts in the provided spaces. This is your personal journey—there are no right or wrong answers.

Personal Growth is a continuous journey that will go on our entire lives. It motivates us to move forward and master our environment.

STAGES OF PERSONAL GROWTH



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SOME WAYS TO START PERSONAL GROWTH

- Start today
- Keep learning
- Volunteer for social causes
- Travel
- Be honest with yourself
- Embrace change



What Are Core Values?

Core values are the fundamental beliefs and principles that guide your behavior, decisions, and actions. They represent what you stand for and what you believe is important in life.

Definition

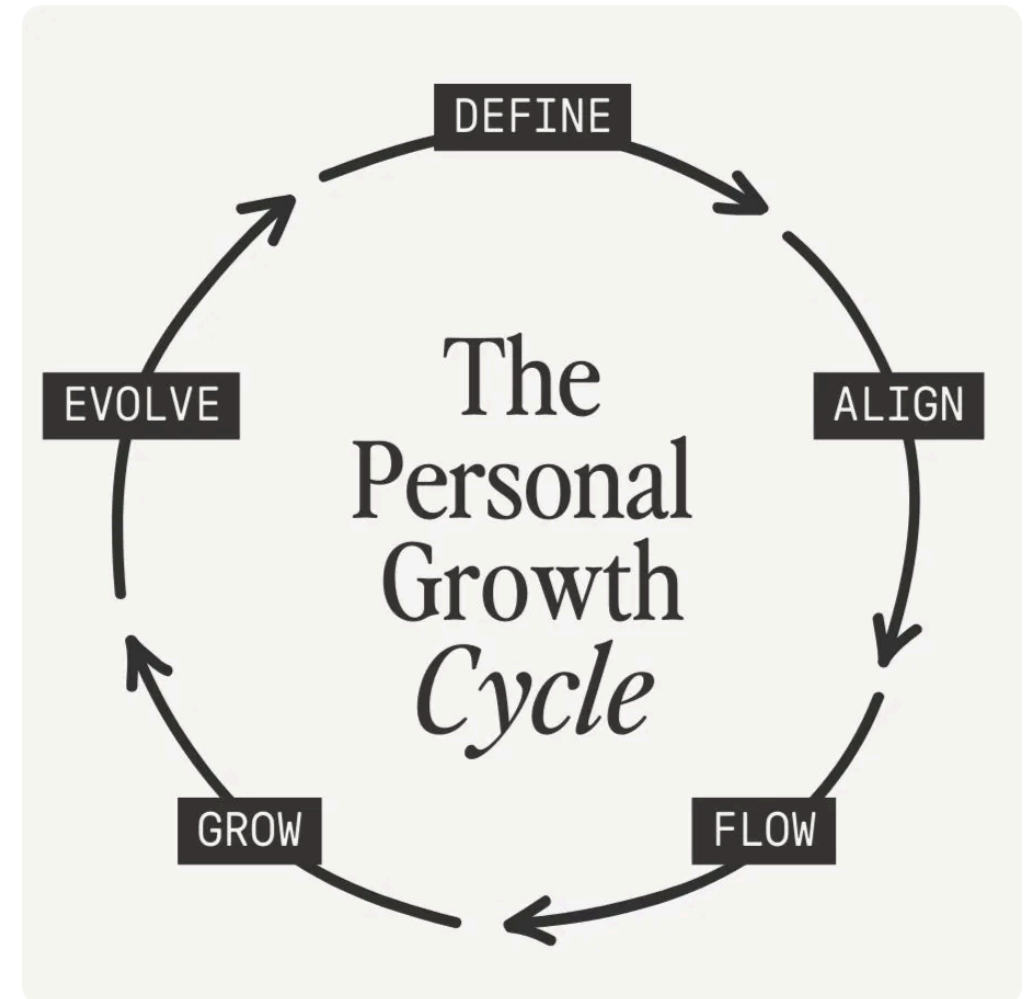
Core values are deeply held principles that define who you are and what matters most to you. They are the essence of your identity and personal philosophy.

How Values Guide Decisions

When faced with choices, your core values serve as a filter, helping you evaluate options and make decisions that align with your authentic self.

Connection to Authentic Living

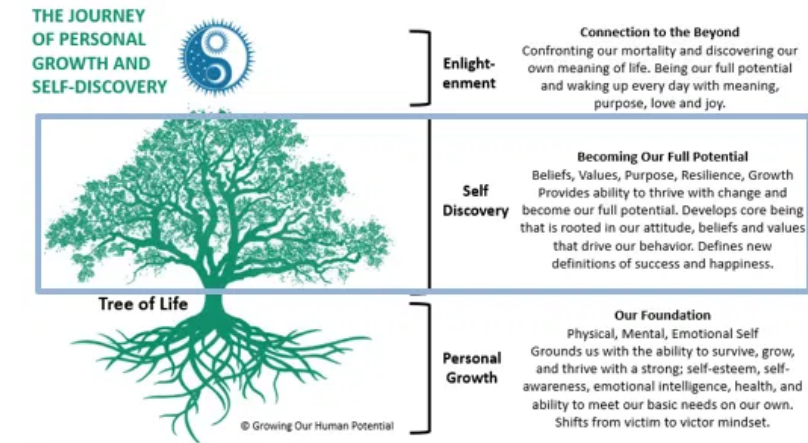
Living in alignment with your core values leads to greater fulfillment, purpose, and authentic productivity that feels meaningful rather than forced.



The Values Discovery Framework

Follow this 4-step process to uncover and clarify your core personal values:

- 1 Values Exploration**
Identify values that resonate with you.
- 2 Peak Moments Analysis**
Reflect on meaningful life experiences.
- 3 Values Conflict Assessment**
Examine tensions between competing values.
- 4 Top 5 Core Values**
Narrow down to your most essential values.



Step 1: Values Exploration

Exercise

Circle the values below that resonate with you. Don't overthink—trust your initial reaction.

☐ Authenticity

☐ Balance

☐ Courage

☐ Creativity

☐ Growth

☐ Honesty

☐ Kindness

☐ Leadership

☐ Passion

Reflection: What patterns do you notice in your selected values?



List any additional values that are important to you:

Step 2: Peak Moments

Analysis

Reflect on moments when you felt most proud, fulfilled, or aligned with your true self.

Think about a time when you felt truly proud of yourself.

What values were you honoring in that moment?

Recall a decision that felt completely right.

What core values guided that decision?



When do you feel most energized and fulfilled?

What values are being expressed in those moments?

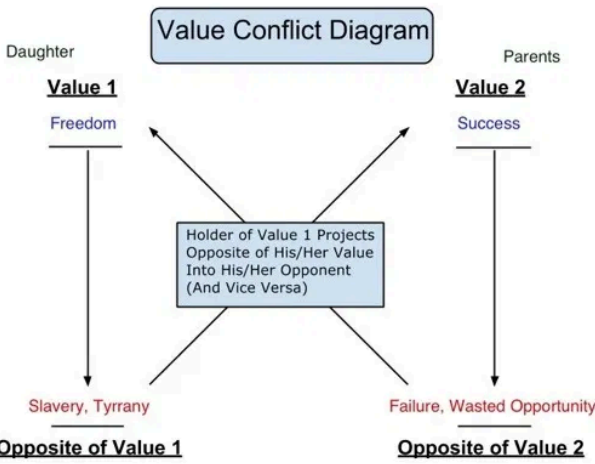
Step 3: Values Conflict Assessment

Sometimes our values compete with each other, creating tension in our decision-making.

Common Values Conflicts

Security Stability, safety, predictability	vs	Growth Risk-taking, change, adventure
Achievement Success, recognition, advancement	vs	Balance Harmony, well-being, presence

What values conflicts do you experience in your life?



How do you typically resolve these conflicts?

Which values tend to take priority for you?

Step 4: Your Top 5 Core Values

Based on your exploration, narrow down to the five values that most define who you are and what matters most to you.

1

2

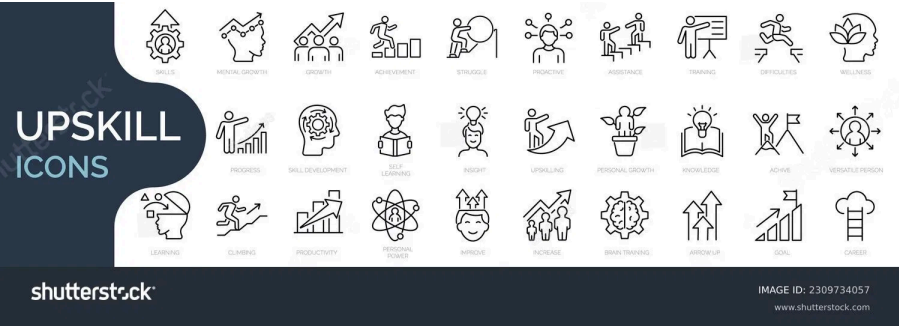
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Your Personal Values Statement

"I am at my best when I honor my core values of [Value 1], [Value 2], [Value 3], [Value 4], and [Value 5]. These values guide my decisions and actions, helping me live with authenticity and purpose."



Why These Values Matter to Me

How These Values Will Guide My Productivity

Living Your Values Daily

Integrate your core values into your daily life with these practical strategies:

Morning Values Review

Begin each day by reviewing your top 5 values and setting intentions for how you'll honor them.

Decision Filter

Before making important decisions, ask: "Does this choice align with my core values?"

Values-Based Prioritization

When planning your day or week, prioritize activities that align with your core values.

Environmental Reminders

Place visual reminders of your values in your workspace or home to keep them top of mind.



Daily Values Check-In Template

- 1

How did I honor my values today?
- 2

Where did I experience values conflicts?
- 3

How will I align better with my values tomorrow?

Values-Based Goal Setting

When your goals align with your core values, you experience greater motivation, fulfillment, and authentic productivity.

SMART + V Goals

S Specific

Clearly defined and focused

M Measurable

Trackable progress and outcomes

A Achievable

Realistic and attainable

R Relevant

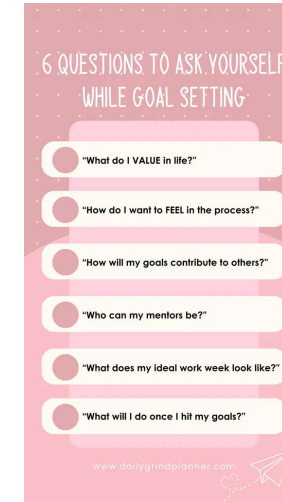
Meaningful and worthwhile

T Time-bound

Clear timeline and deadline

+V Values-aligned

Connected to your core values



Values-Aligned Goal Worksheet

My goal is:

This goal aligns with my values of:

I'll know I've succeeded when:

My first three action steps are:

Overcoming Values Challenges

Living by your values isn't always easy. Here are common obstacles and solutions:



External Pressure

When others' expectations conflict with your values

Solution

Practice clear communication about your boundaries and priorities.



Short-Term Temptations

When immediate rewards pull you away from your values

Solution

Connect daily choices to long-term vision and practice mindful decisions.



Burnout and Fatigue

When exhaustion makes it hard to stay aligned with values

Solution

Prioritize self-care and rest as essential to living your values.

My Values Support System

List people or practices that help you stay aligned with your values:

Your Values Journey Continues

Discovering and living by your core values is not a one-time exercise but a lifelong journey of growth and refinement.

Next Steps

-  Revisit this playbook quarterly to refine your values
-  Keep a values journal to track your alignment over time
-  Share your values with trusted friends for accountability

Final Reflection: What is your biggest takeaway?

