

# CULTIVATE CHANGE

Module

02

YOUR INNER COMPASS

ACTIVITIES

Workbook

*Make lasting change & live a life of intention.*

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# WHAT MATTERS MOST

*Calibrate your inner compass.*

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*You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically, to say “no” to other things. And the way you do that is by having a bigger “yes” burning inside.*

*- Stephen R. Covey*

## INTRODUCTION

Finding your inner compass and actively choosing to pursue that direction is what this course is truly about. Clarifying your values is essential in creating a meaningful and intentional life.

## PART 1 | AUDIO & REFLECTIONS

In this activity you’ll explore what you care about most and the person you most want to be. First listen to the *What Matters Most* audio practice. Then answer the associated reflection questions below. Remember, there are no right or wrong answers.

Caring about something deeply is vulnerable. So this activity can bring up a wide range of experiences—from joy at feeling connected to your values to pain or sadness about what isn’t currently aligned for you. We hope you’ll make room for whatever feelings and experiences arise. And know that these feelings can provide you with valuable information about your deeper why.

## FIRST, LISTEN TO THE ‘WHAT MATTERS MOST’ AUDIO PRACTICE. WHEN YOU’RE DONE REFLECT BELOW...

DESCRIBE THE SCENE AT YOUR 80TH BIRTHDAY PARTY. WHAT KIND OF PLACE WAS IT HELD AT? WHO WAS THERE? WERE THERE ANY NOTABLE SIGHTS, SOUNDS, OR DETAILS?

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Module 2  
ACTIVITY ONE

WHO WAS THE FIRST PERSON YOU IMAGINED SPEAKING? WHAT DID THEY SAY IN THEIR SPEECH? WHAT QUALITIES OR CHARACTERISTICS DID THEY USE TO DESCRIBE YOU?

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WHO WAS THE 2ND PERSON YOU IMAGINED SPEAKING? WHAT DID THEY SAY IN THEIR SPEECH? WHAT QUALITIES OR CHARACTERISTICS DID THEY USE TO DESCRIBE YOU?

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WHAT THOUGHTS AND FEELINGS CAME UP FOR YOU DURING THIS EXERCISE? REMEMBER THERE ARE NO RIGHT OR WRONG EXPERIENCES IN THIS ACTIVITY.

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WHAT DID YOU LEARN ABOUT WHAT MATTERS MOST TO YOU AND MAKES LIFE MEANINGFUL FOR YOU?

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## PART 2 | EXPLORE YOUR VALUES

This activity will help you reflect on and gain more clarity around what matters most to you. *Values are your heart's deepest desires for how you want to show up in your life and the world.* They are not goals, achievements or areas of your life, though these may also be important to you. Rather, they are qualities that describe how you want to act and behave on an ongoing basis. Consider, how would you act if there was *nothing* in your way? In a world where you had unlimited confidence, how would you behave? How would you show up to your life?

Review the list of values below. There are hundreds of values, but this list includes some of the most common ones.

**CIRCLE THE 5-10 VALUES THAT ARE MOST IMPORTANT TO YOU. OR FILL IN YOUR OWN.**

*Include the qualities you noted in the 80th birthday exercise.*

Acceptance	Encouraging	Integrity	Reliability
Accountability	Equitable	Intimacy	Resilience
Adventure	Enthusiasm	Joyful	Resourceful
Assertive	Expressive	Justice	Respect
Attentive	Fairness	Kind	Responsibility
Authenticity	Fierce	Learning	Reverence
Balanced	Flexibility	Lively	Romantic
Beauty	Freedom	Loving	Self-aware
Brave	Friendly	Loyalty	Self-care
Calm	Forgiving	Meticulous	Self-development
Caring	Fun	Mindful	Sensuality
Challenge	Generous	Open-minded	Service
Compassion	Giving	Optimism	Simplicity
Committed	Graceful	Originality	Sincerity
Connection	Gratitude	Passion	Sharing
Conformity	Growth	Patience	Spiritual
Cooperative	Hard-working	Peacefulness	Skillful
Collaborative	Helping	Persistence	Soulfulness
Courageous	Honesty	Playful	Spontaneous
Creativity	Hopeful	Pleasure	Stability
Curiosity	Humor	Power	Supportive
Decisive	Humility	Practical	Thoughtful
Determination	Independence	Pragmatic	Trustworthy
Embodied	Innovative	Presence	Unity
Empathetic	Inquisitive	Protective	Wise
Empowered	Inspiring	Reciprocity	Warm

**ARE THERE ANY OTHER VALUES, NOT LISTED HERE, THAT ARE MEANINGFUL TO YOU?**

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## PART 3 | IDENTIFY YOUR CORE VALUES

Here's where it all comes together! The questions below will help you combine all the work you've done so far to come up with a working list of your core values.

**YOUR CORE VALUES ARE A POWERFUL INNER COMPASS** that can help provide you clarity and point you toward your most fulfilled and meaningful life. So how do you know which ones are “core”? You've likely noticed in your work so far that you have a lot of different values that matter to you in the various areas of your life. Core values are the ones that matter *most* to you overall—the ones that are at the very core of who you are and what you want to stand for at this point in your life.

Remember we're looking for progress, not perfection here. You can come back to this list any time and update it.

**SO, REVIEW YOUR ANSWERS ON PAGES 3-5. WHAT VALUES KEEP COMING UP? LIST YOUR TOP VALUES BELOW IN NO PARTICULAR ORDER. IT'S OK IF YOUR LIST IS A LITTLE LONG FOR NOW.**

*Note the following:*

- For values that are similar, or feel closely connected for you, list them on the same line (i.e., Creative/Expressive or Kindness/Tenderness/Compassion).
- For now you're working with values in your life as a whole. You'll get more specific around your focus area next. For now think about your big picture core values.


Module 2  
ACTIVITY ONE

**NEXT USE THE VALUES CHECKLIST TO CONFIRM THAT EACH OF THE WORDS YOU LISTED ARE VALUES. IF YOU NOTICE ONE IS NOT A VALUE, CONSIDER WHICH VALUE(S) UNDERLY WHAT YOU WROTE.** For example if you wrote “family” or “career” (which are areas of life, not values), ask yourself, “If family is important to me, with what qualities do I most want to show up in this part of my life?” Or if you wrote a goal down, ask yourself which values are underlying that goal? (i.e., The goal of exercising more might have an underlying value of freedom or kindness).

**REWRITE YOUR UPDATED LIST BELOW.**

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**LOOK AT THE LIST ABOVE. RANK THESE VALUES IN ORDER OF IMPORTANCE TO YOU BY WRITING A NUMBER NEXT TO EACH ONE.** All of these values are important to you, but which ones bring the most vitality and meaning to your life? If there are still multiple words on a line, circle the one that resonates most with you right now.

## YOUR CORE VALUES LIST

Finally, list your top 3-5 most important values, *for this season of your life*, below.

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NOTE: This list is yours to evolve and refine over time. You’ll change. Your values may change. It’s up to you to continue spending time uncovering and choosing what’s truly most important to you.

*I now see that cultivating a Wholehearted life is not like trying to reach a destination. It’s like walking toward a star in the sky. We never arrive, but we certainly know that we’re heading in the right direction.*

– Brené Brown

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# VALUES ASSESSMENT

*The current state of affairs.*

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## INTRODUCTION

Now that you have some clarity on your core values, let's get more specific. In this activity you'll start considering how to apply your values to your changemaking process and use them as a your guide.

## VALUES SELF ASSESSMENT FOR YOUR FOCUS AREA

Use the chart below to explore how well you're currently acting in line with your values in *your focus area*.

1. Write in your focus area on the line provided.
2. Input the 3-5 core values you named at the end of page 8.
3. Next to each value please rate on a scale of 1 to 10, how well each of those values is currently being expressed in your focus area. (0 = not at all, 10 = living by it fully).

**FOCUS AREA:** \_\_\_\_\_

VALUE	RATING (1-10) For focus area only.

It's powerful check in with how aligned your core values are in your Focus Area. Better alignment with these values will bring greater vibrancy and fulfillment in your Focus Area. So keep this self-assessment in mind as you move on to Module 3 where you'll begin to set some values-aligned goals.

*Now you've laid a solid foundation for effective change. We'll see you in Module 3 for goals that help you work smarter, not harder.*

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## EXTRA RESOURCES

*Just for you.*

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## VALUES CHECKLIST

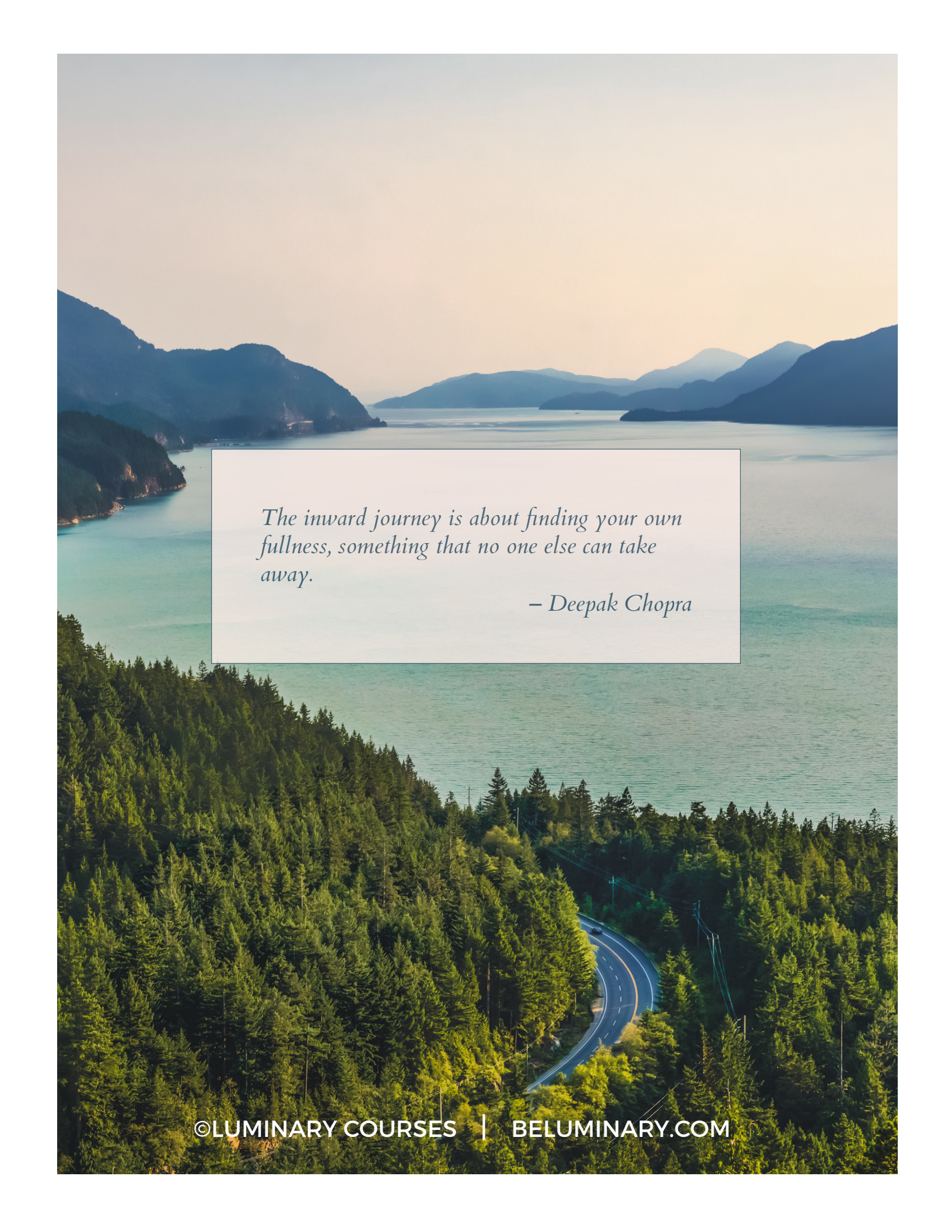
Use this check list to confirm that a word or concept is indeed a value, as we define it for the purposes of this course. Simply put, values are chosen life directions that increase the vitality in our lives when followed. Review the checklist below for details.

### VALUES ARE...

- OUR HEART'S DEEPEST DESIRES**  
For the way we want to interact with and relate to the world, other people, and ourselves.
- LEADING PRINCIPLES**  
That guide our lives.
- OUR COMPASS, OUR TRUE NORTH**  
That keeps us heading in a meaningful and vital direction.
- CHOSEN BY YOU**  
Values are freely chosen by you, not given or expected.
- LIFE DIRECTIONS**  
Rather than an outcome or destination, values are a direction we walk in. You can never arrive at North or South, but you can head in that direction. Values work the same way.
- OUR DEEPER WHY**  
Behind the changes we want to create.
- QUALITIES OF BEING & BEHAVING**  
That lead us to our most meaningful, intentional, and fulfilled lives.

### VALUES ARE NOT...

- GOALS**  
Goals are concrete and obtainable events, situations or objects. Values are a direction we're moving in and ways of showing up in our lives.
- FEELINGS**  
Feelings are passing emotional states or reactions. Living aligned with our values sometimes means experiencing uncomfortable or difficult feelings in the short term.
- AREAS OF LIFE**  
Values are not specific areas of life, like family, career, relationships, our marriage, our health, etc. They are qualities or ways of being that apply to all areas of our lives.
- OUTCOMES OR DESTINATIONS**  
Values cannot be achieved or crossed off like goals. There are always steps we can take to move toward our values.
- IN THE FUTURE**  
Values describe how we want to behave on an ongoing basis. So they are not in the future, but rather always available to us right here in the present moment.
- DEPENDENT ON EXTERNAL CIRCUMSTANCES**  
Values do not require any achievement or external circumstances. We may never achieve a particular goal for reasons outside of our control, but we can always choose to act in service of our values along the way.



*The inward journey is about finding your own  
fullness, something that no one else can take  
away.*

*– Deepak Chopra*