

May
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workbook
part one



girl on top of the world

values

Your values are the outline of who you are. They are the boundaries you set. They are your non-negotiables. It's so important to stand firmly rooted in your values, because the second you flip flop and make an "exception," you revert back to deeming yourself insignificant. You are literally saying to yourself, "I'm not worthy of my own values," and "I don't matter."

You'll find once you get clear on your values, it's so much easier to make decisions and take the steps toward becoming the woman you want to be. The perfect answer will reveal itself every single time.

Your first step is getting clear on what your values are.

Let's get started!

What do you believe in? What values are absolutely necessary for you to function at your full potential? Think about your job, your relationships, your personal life..

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What areas of your life are already aligned with your values? Get as specific as possible. Think about your relationships, your habits, your conversations, your thought patterns.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What areas of your life are NOT in alignment with your values? Get as specific as possible. Think about your relationships, your habits, your conversations and thought patterns.

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