

Values & Strengths



V - Vision and Values

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The "V" in S.E.L.F. L.O.V.E. This session helps you uncover the core values that make you who you are, so that every decision, relationship, and goal can be filtered through what matters most to you.

V - Values and Strengths

When you know your values, you know who you are. When you live by them, you know you are living authentically.

My Top 10 Values

From the values list in your resource folder, circle or write the 10 that resonate most deeply as YOU, not who you think you should be.

My Three Core Values

From your top 10, identify the 3 most essential. For each, explain why it matters so deeply to you.

Core Value 1:

Core Value 2:

Core Value 3:

Living in Alignment

How am I currently honouring my core values in my life? Where am I in full alignment?

Where My Values Are Out of Alignment

Where are you living out of alignment with your values? What is one specific change you could make?

My Values Affirmations

Create an affirmation for each of your 3 core values. Start with "I am someone who..."

Reflection Questions**1. Which value felt most surprising to identify as one of your core 3?**

2. In which relationship or area of life are your values most compromised?

3. What would your life look like if you made every major decision through the lens of your top 3 values?

4. What one decision are you currently avoiding that your values are clearly pointing you toward?

My Notes
