

10 POWERFUL JOURNALING PROMPTS

TO HELP YOU DISCOVER YOUR VALUES



HELLO AND WELCOME



I help busy women to get clear on their personal values so they give themselves permission to shine.

The thing at the centre of a purposeful and meaningful life are your values. So, I have assembled this guide to help you define exactly what your core values are.

Included are:

- Insight into discovering the values that truly matter to you
- 10 helpful journaling prompts to highlight your core values
- A list of 101 values to inspire or guide you

Are you ready to discover your values?
Then let's get started!



DISCOVERING YOUR VALUES

Although it's not always easy to discover what your core values are, it is quite simple to determine if you are living in alignment with them.

Through my experience as a life coach I have witnessed the difference people feel when they are honouring their values instead of ignoring them.

People living out of sync with their values often suffer mentally, emotionally, and physical. They may feel unhappy, dissatisfied, unfulfilled, stuck and frustrated without really being able to pinpoint why.

In contrast, when we are able to make decisions and behave in a way that honours our values, we feel calmer, more fulfilled, and experience positive growth in all aspects of our lives.

So, how do you name your values?

While you may not be able to give a name to your values just yet, the good news is that deep down, you already know exactly what you hold sacred. The clues are there waiting to guide you.

The act of naming your values is a powerful one: it helps you consciously adjust your life to move into alignment with the things you hold most dear.

The guidance and questions below are intended to help you dig into your psyche and uncover your values.

Use these prompts to guide your journaling and begin the journey of identifying, naming, and embodying your values.

THE POWER OF JOURNALING

Whether you have been journaling for a while or you are approaching it for the first time, you will discover it is a great way to help you uncover your values.

In the first instance, you might feel like you are just scribbling words onto a page.

While journaling is great for getting the words out of your head and into the physical space or a notebook, piece of paper or word document, it is far more powerful than that.

It can help you have a clearer mind and a happier life. It also helps you to push through mental blocks and be more precise with your thoughts.

By helping you identify your wants, priorities and worries, journaling makes your values more prominent and helps you to see if you are living in alignment with them.





HOW TO DISCOVER YOUR VALUES

Your values have been guiding - or attempting to guide - your life since you absorbed them at a young age.

They are the nagging feeling when something isn't right in your life, the guilt and regret you experience when you do something that goes against a value, or the ease and fulfillment you feel when you make a decision that aligns with one.

When doing this exercise, dig deep into your authentic self. Too often, we focus on external values pressed upon us by society, culture, or the media.

Don't try and select things that you feel you should value; be honest and patient with yourself as you figure it all out.

I suggest you head to a quiet area with your journal, give yourself plenty of time and release any pressure. There's no rush - this process should be enjoyable and enlightening, not pressured and stressful!

Put on some relaxing music if it helps, set the scene in whatever way feels right. Spend as much time as you like writing your responses to each prompt.

Let the questions take you on a journey. Your values may not be immediately apparent for each question. For some, keep asking "why?" until a value is uncovered.

HERE ARE 10 POWERFUL QUESTIONS TO GET YOU STARTED:

1

Think about a time or event in your life where you felt complete, fulfilled, happy and powerful. What was happening? Who were you with? What values were you honouring at this time?

2

Consider the last time you felt upset, frustrated, angry, or disappointed. What was going on? Why did you feel this way? What values were you out of alignment with?

3

What is your favourite animal and why? What qualities do you imagine this animal to have?

4

Who do you most admire? What specifically about them do you admire?

5

When you were a child, what did you love to do most? What made you most happy? Why do you think this was? What value/s were you leaning into back then?

6

What are you most proud of doing in your life? Describe the thing you did. Why does it make you proud?

7

What would you miss the most if it were taken away from you? Why? How would your life be different without it?

8

Who are you envious of? Name this person. Think about what you perceive them to have that you don't.

9

Imagine you are very tired and all you want to do is sleep. But as you are falling asleep in your comfortable bed, someone wakes you up. What would be the one thing that is worth getting up for? And why?

10

If you had unlimited time and money, what would you do?

101 VALUES

TO INSPIRE & GUIDE YOU

Acknowledgement	Equality	Joy	Respect
Acceptance	Excellence	Justice	Responsibility
Achievement	Expression	Kindness	Reward
Accomplishment	Financial Freedom	Knowledge	Risk
Adventure	Flexibility	Leadership	Safety
Appreciation	Forgiveness	Leisure	Security
Approval	Freedom	Love	Self-Confidence
Authenticity	Friendliness	Loyalty	Self-Esteem
Balance	Friendship	Luxury	Self-Love
Beauty	Fulfilment	Maturity	Serenity
Belonging	Generosity	Order	Simplicity
Certainty	Gentleness	Ownership	Spaciousness
Commitment	Gratitude	Passion	Spirituality
Control	Growth	Peace	Splendour
Connection	Harmony	Perfection	Stability
Consciousness	Health	Perseverance	Status
Contribution	Happiness	Positivity	Strength
Courage	Helpfulness	Power	Support
Creativity	Honesty	Prestige	Trust
Depth	Honour	Pride	Uniqueness
Dignity	Humour	Professionalism	Warmth
Ease	Independence	Prosperity	Wealth
Elegance	Individuality	Purpose	Wisdom
Empowerment	Integrity	Quality	
Energy	Intelligence	Recognition	
Enthusiasm	Intuition	Relaxation	

HOW TO PUT IT TOGETHER?

Sift through the responses you have written to these 10 questions. As you read through your answers, you will be able to identify themes in your writing. These will be the values that are most important to you.

Identify these values and write them down as a list. They might be things like Love, Financial Freedom, Safety, Trust, Independence or Authenticity.

You may find it helpful to refer to the values cards included in this guide. Remember, this is not an exhaustive list and if you discover a value that is not included within the cards then it is totally fine!

Once you have been through your journaling responses and the Values Cards, you will have a master list of your personal values. Perhaps you have identified 5, 10, or even more. The number isn't important, only that the words you have chosen resonate with you. If you would like to do some further work incorporating the values into your life, you could spend some time prioritising them.



Ask yourself which of the values are essential to your wellbeing, which ones you're already in alignment with, and which ones you would like to work on integrating more into your life.

You can use them to help you make important decisions, set goals to enhance your growth, and change the way you interact with others to improve relationships.

Values are the most fundamental beliefs that influence our mindset and behaviour.



Align your life with your core personal values and watch your life transform.

WHAT COMES NEXT?

Discovering your core values is an empowering process, but sometimes it is not something you can do alone. That is where I can help you.

A lot of my work as a Life Coach centres around helping people discover the values that help them to live a life that they truly love.

I would love to help you discover which values bring joy to your life. Book a free connection call with me today and take your first brave step towards unearthing your core values.