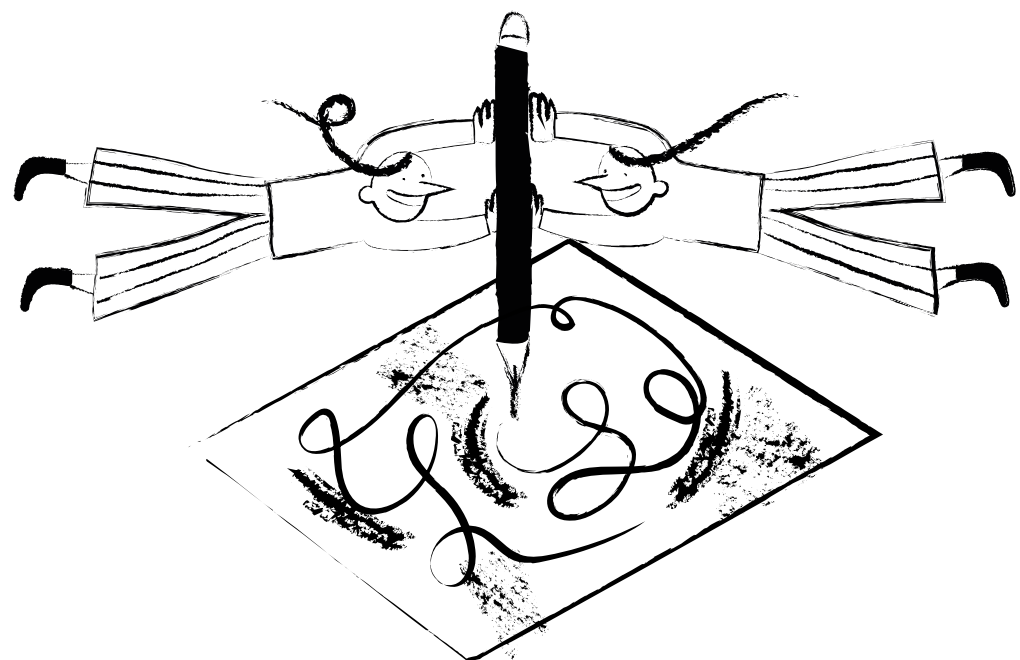
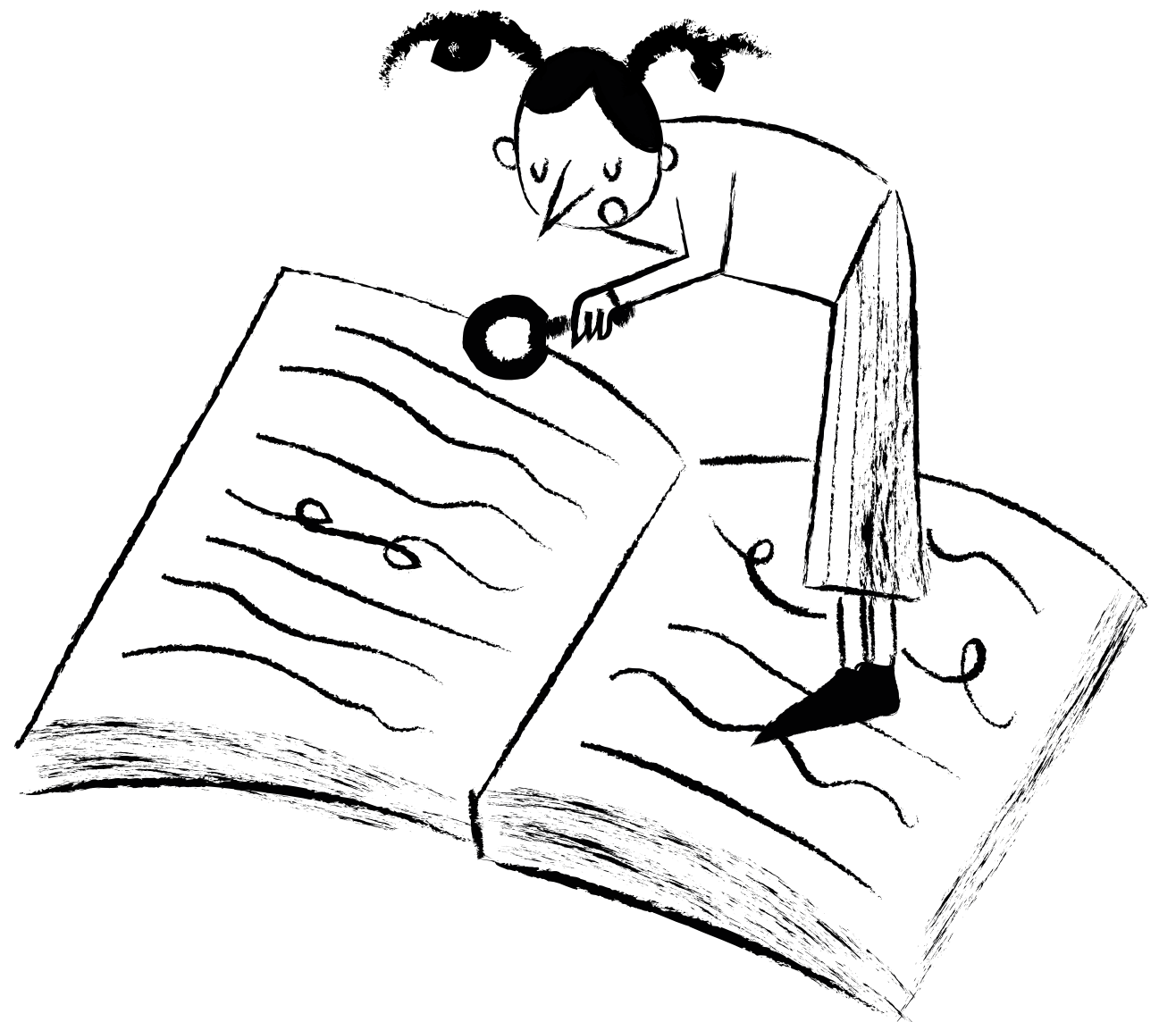
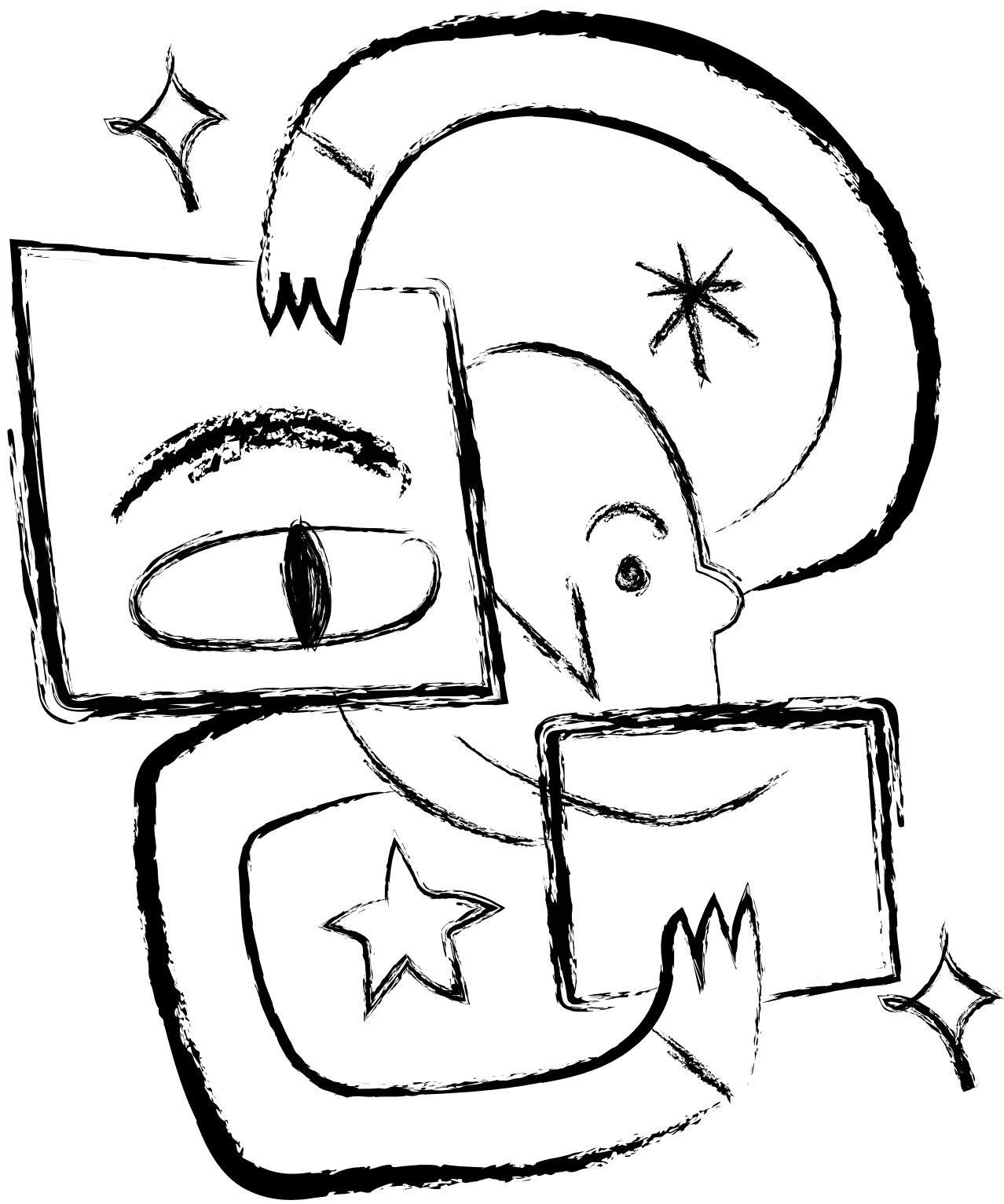
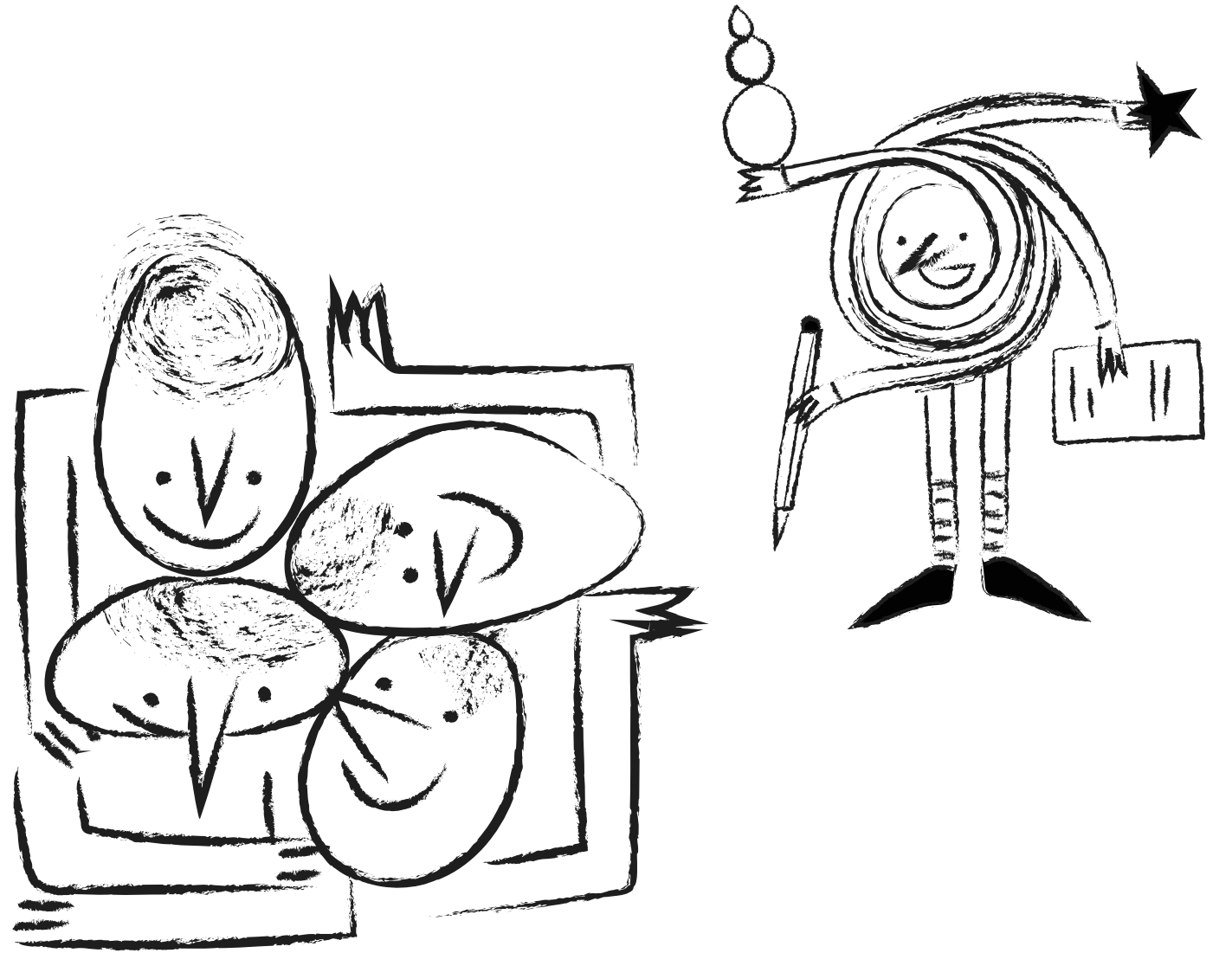
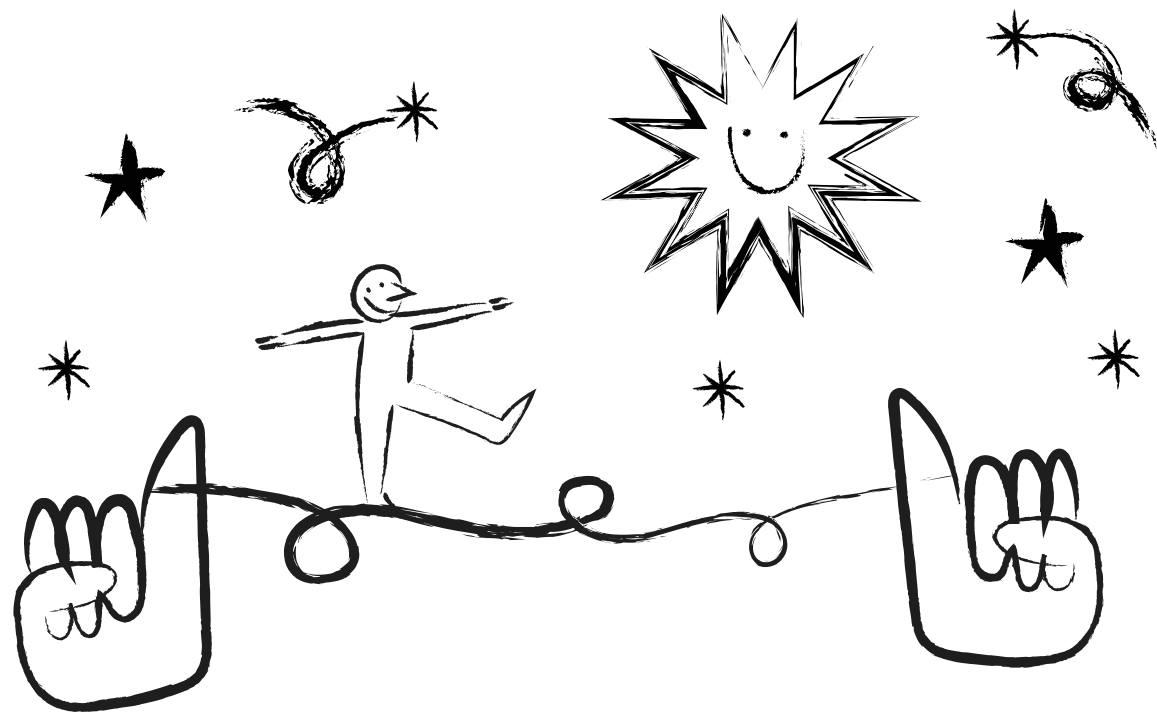


Values



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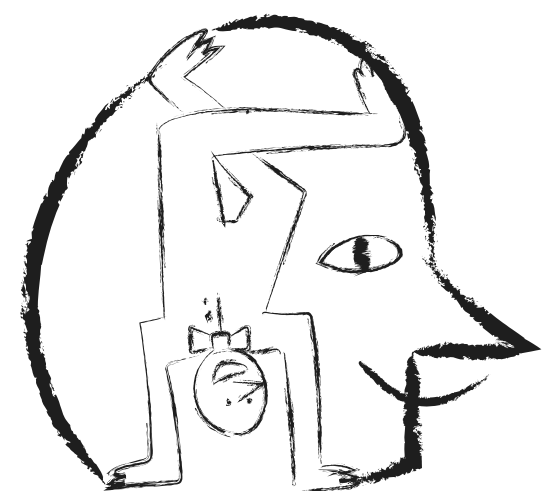
What are Core Values?

The foundational beliefs held by an individual. They often guide the perspective and outlook of how they behave around others and how do they relate to others and the world around them.

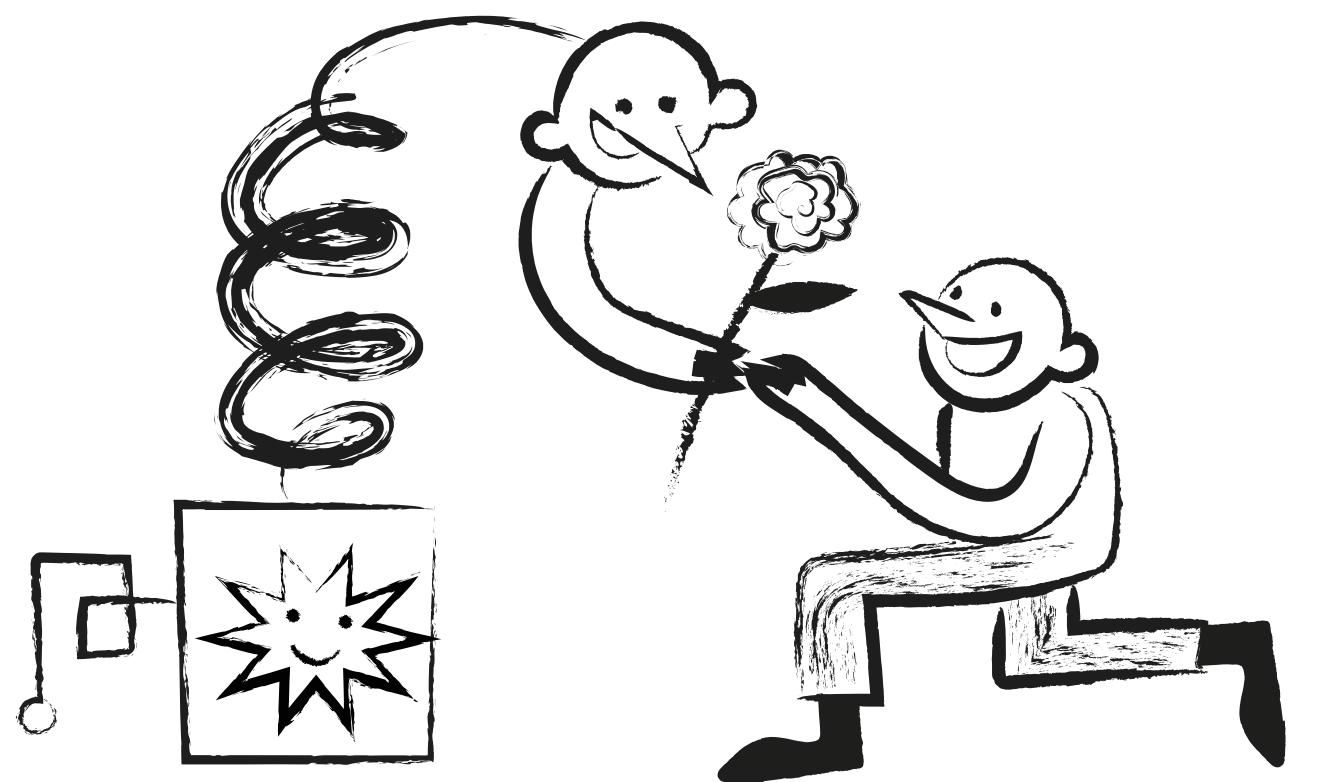
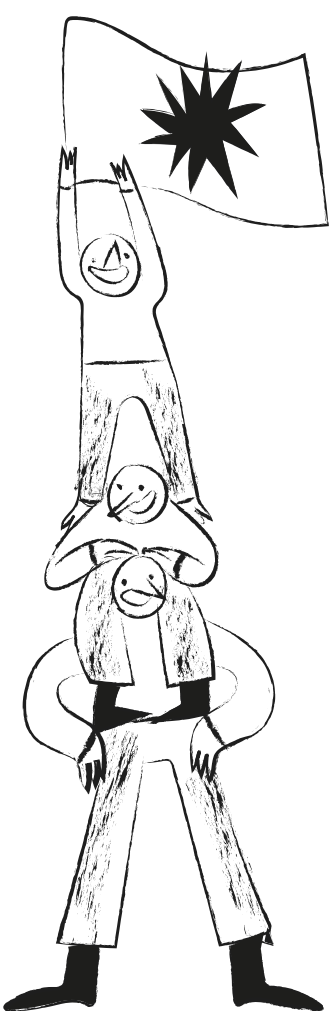
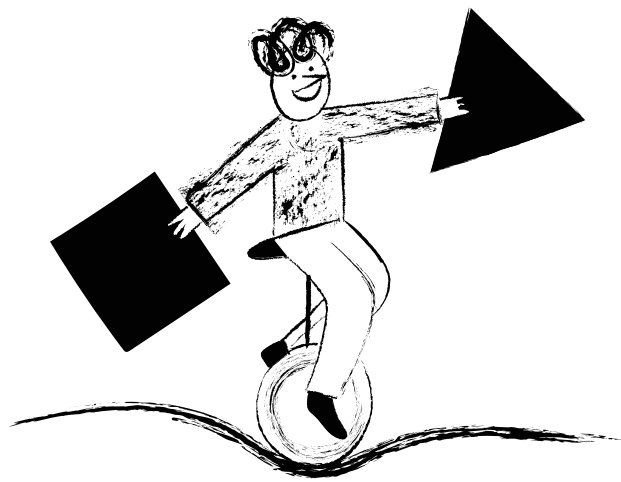
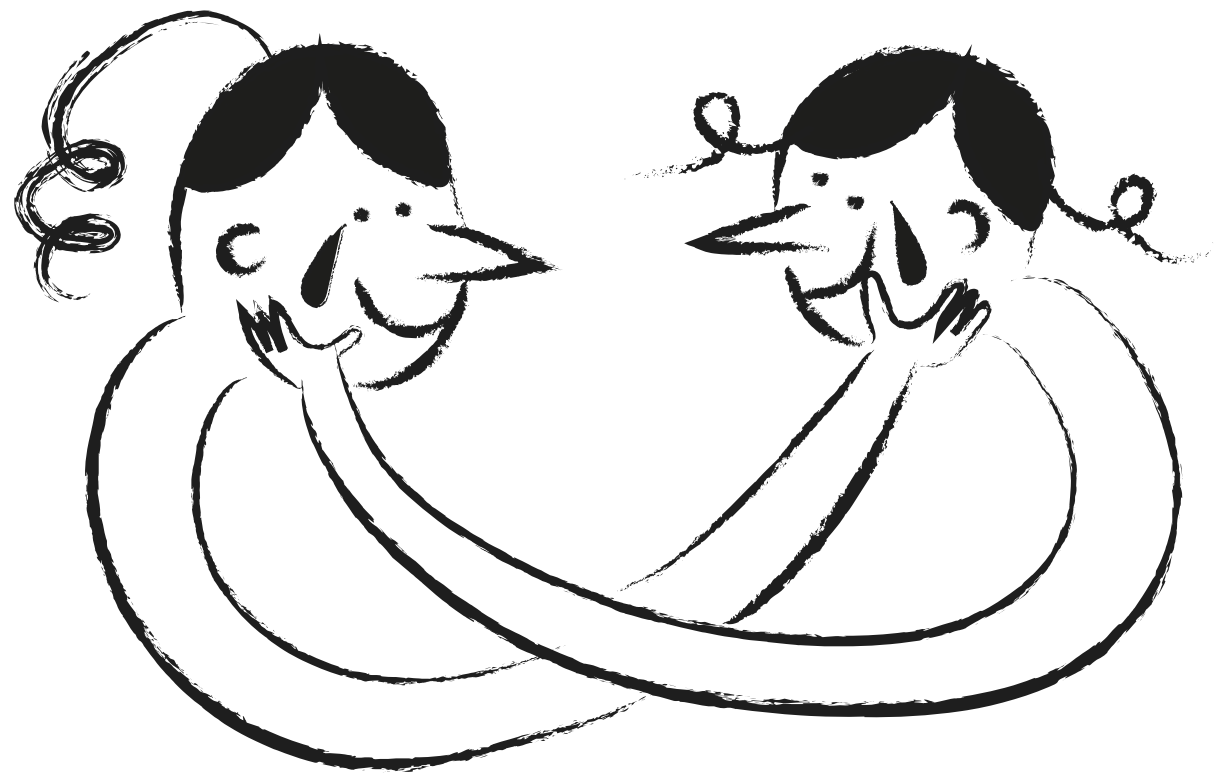
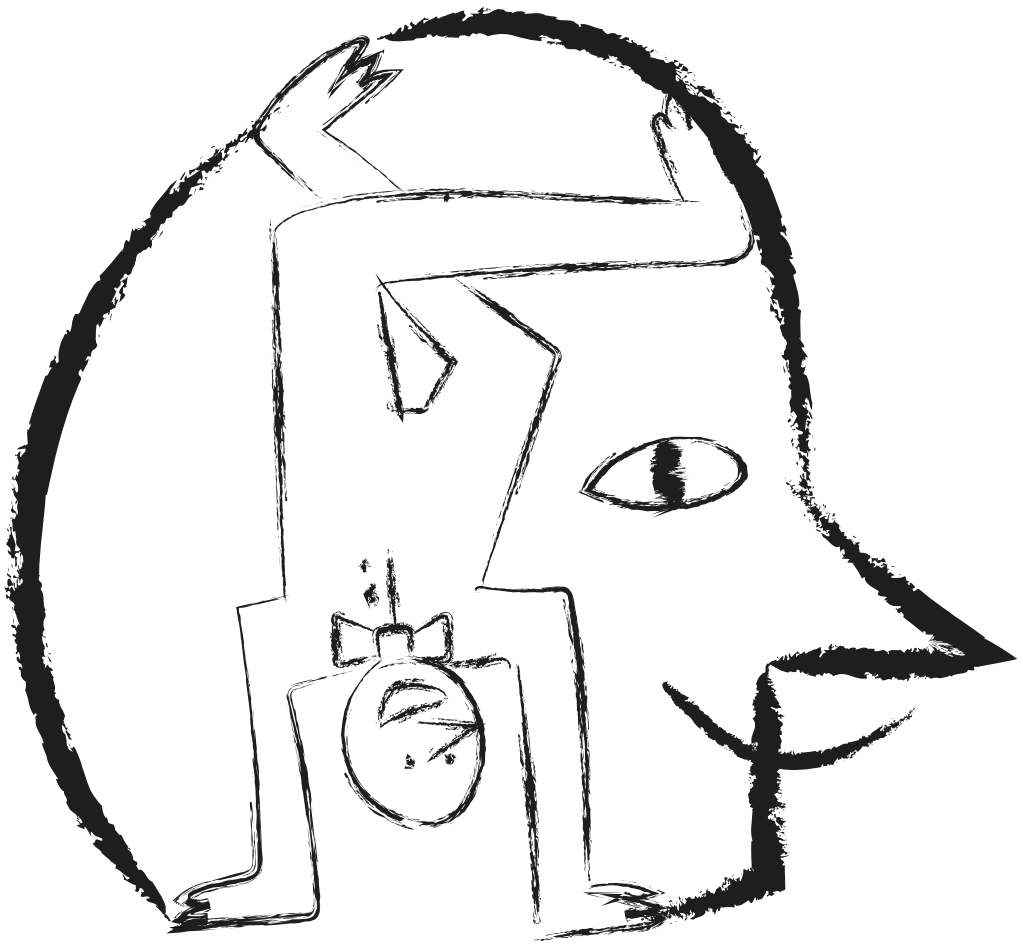
The traits that represent who you want to be and what you consider important in life. They are the guiding principles that help you make decisions and behave in a way that aligns with your beliefs

You can identify your core values by considering the most meaningful moments in your life. You can also think about what made those moments meaningful

While some core values are universal, many are influenced by culture, upbringing, society and person's experience.



Relationship Values



Relationship Values

Relationship values are the core principles that guide a couple's interactions and can have a significant impact on the long-term success of their relationship. Some examples of relationship values include: Trust, communication, caring, respect, etc.

These are the grounding values that will matter to you the most whilst interacting with your partner. You will find yourself evaluating your happiness, safety and comfort in the relationship through the lens of those values in operation. For example: If it is important for you to spend quality time with your partner, you will find yourself feeling unsettled in the relationship if you are not getting this quality time with your partner. If it is important for you to communicate openly and be able to discuss your emotions with your partner, you will find yourself feeling frustrated if your partner does not know how or prefer to discuss emotions.

Two partners may have the same value in name but not necessarily in operation. For example, if you both have a value of "Caring". For you caring may mean physical intimacy, but for your partner, it may mean receiving lots of gifts.

Your knowledge of your personal core values, will guide your relationship values. It is important to remember that the first person you need to honour those values in operation with, is "YOU". For example if one of your core values is respect, then think about how do you conduct yourself? How do you respect your body, emotions, physical health, etc? The more we are aligned in our behaviour with ourselves around our values, the more we are aligned with the external world around us, i.e. the image we are projecting matches the identity.

Examples of Core Values

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Nature
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom



Exercise 1: My Core Values

Before the exercise:

- Sit in a private, safe and quite place where you are able to do some self reflection.
- As you sit comfortably, start weeding through the noise of the day and focus all your attention on your breath as it flows in its normal rhythm.
- Take three long breaths. Inhale through the nose, hold at the top and exhale through the mouth as if you are blowing through a straw.
- This will help calm your nervous system. Every breath is a reboot.
- If you feel you require further support while or after working on the exercise, reach out.

The Exercise:

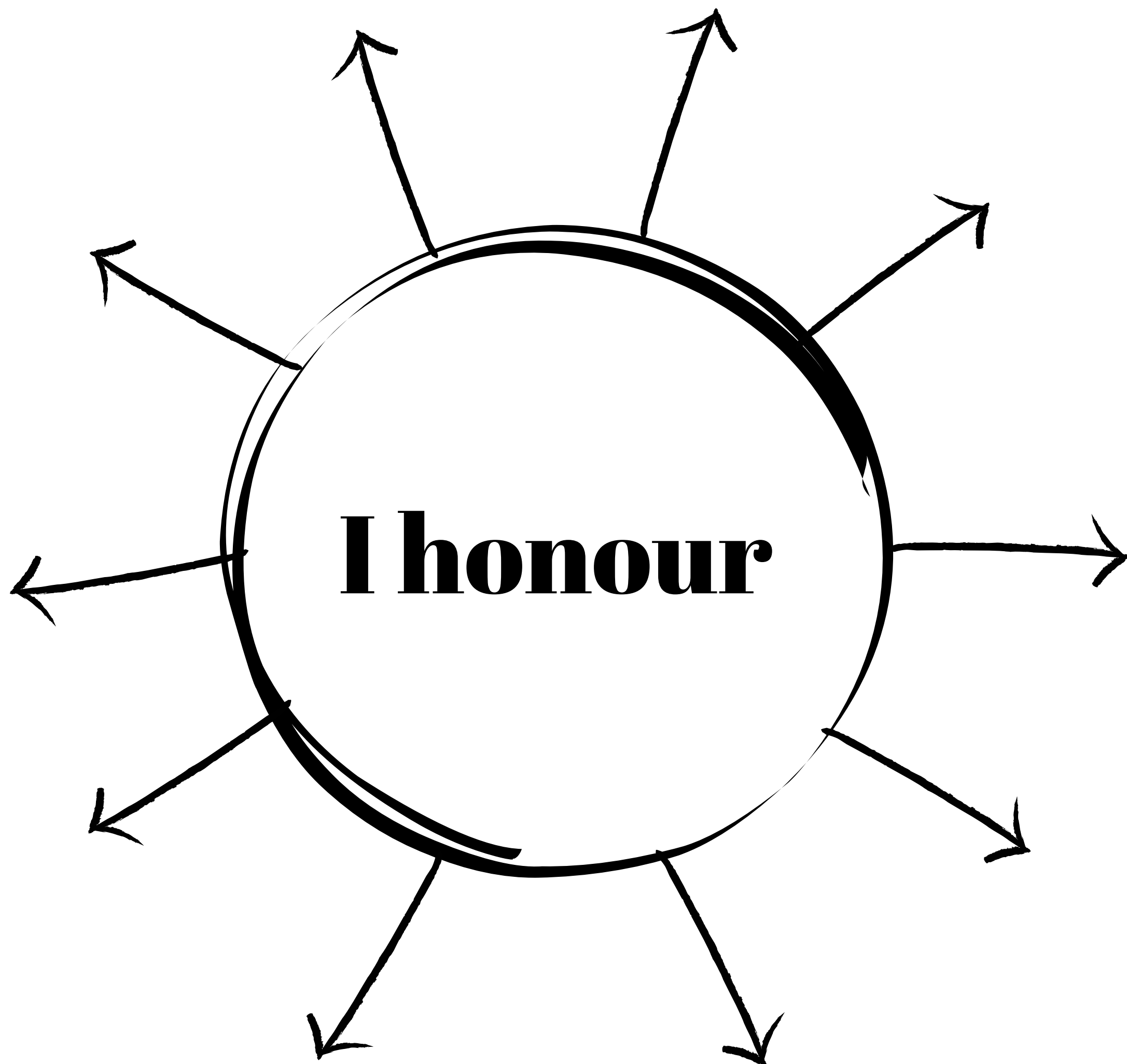
Using the diagram below, start thinking about the what matters to you in life, a good way to think of this is to think of situations where you felt the happiest, most fulfilled on a mental, emotional, physical or spiritual level. An alternative way is to think of those situations that triggered you on any of those levels (mental, emotions, spiritual and physical).

Reflect on what really made you feel happy or triggered you in those situations. What are the behaviours that changed the situation for you.

How those situations altered your mood and feelings and why? And is it a case of whether you would like to have more of or less of those situations in your life.

Once you have filled the diagram below, start thinking about each of those values separately. How do you honour this value in your life? For example, how would the people around you understand it is important to you if you don't honour it with yourself.

My Core Values



I usually advise to keep it to no more than 10 values to start with. Our core values may change in priority from time to time, and will change as we evolve and go through life's experiences.

Exercise 2: Relationship Values

Before the exercise:

- Sit in a private, safe and quite place where you are able to do some self reflection.
- As you sit comfortably, start weeding through the noise of the day and focus all your attention on your breath as it flows in its normal rhythm.
- Take three long breaths. Inhale through the nose, hold at the top and exhale through the mouth as if you are blowing through a straw.
- This will help calm your nervous system. Every breath is a reboot.
- If you feel you need further support, reach out.

The Exercise:

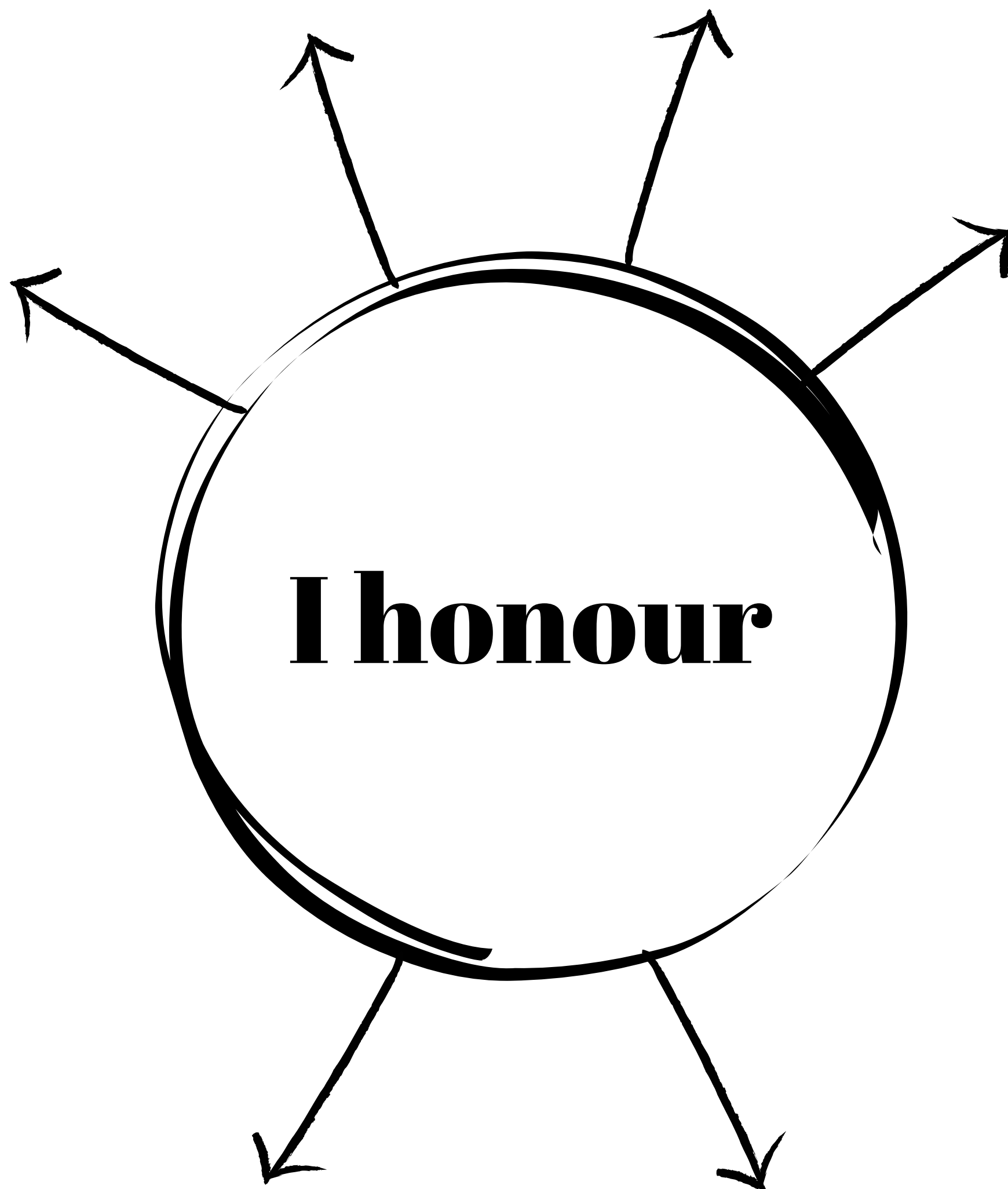
Using the diagram below, start thinking about the what matters to you in your relationship with your partner or a significant other, a good way to think of this is to think of situations were you felt the happiest, most fulfilled on a mental, emotional, physical or spiritual level. An alternative way is to think of those situations that triggered you on any of those levels (mental, emotions, spiritual and physical).

Reflect on what really made you feel happy or triggered you in those situations. What are the behaviours that changed the situation for you.

How those situations altered your mood and feelings and why? And is it a case of whether you would like to have more of or less of those situations in your life.

Once you have filled the diagram below, start thinking about each of those values separately. How do you honour this value in your relationship with your partners? For example, how would your partner this is important to you? How do you receive and give in the relationship? Do you feel balanced and if not, what more can help? What is your understanding of what do my partner and I have in common as relationship values and how do we honour them in operation? It is always useful to discuss with your partner (if that is possible) or even do the exercise together.

My Relationship Values



I usually advise to keep it to no more than 5 values to start with. Our core values may change in priority from time to time, and will change as we evolve and go through life's experiences.