



# Find Your Real Values & **DROP WHAT'S NOT YOURS**

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**IN UNDER AN HOUR**

*startlivingyourtruth.com*

# FIND YOUR REAL VALUES & Drop What's Not Yours



## Welcome – You Matter.

If you've ever felt like you're not enough, like your voice doesn't matter, or that you've lost yourself in the expectations of others—you're not alone.

Many of us have learned to push aside our own needs, beliefs, and feelings because we were made to feel unworthy, broken, or not important. But that is not the truth.

This workbook is here to help you reclaim your truth—through your values.

## Why Your True Values Matter

Your values are not just words on a page. They are the foundation of who you are. They shape how you see yourself, how you show up in the world, and how you make choices.

But when you've been told—directly or indirectly—that you don't matter, that your needs aren't important, or that you must be someone else to be accepted, it's easy to lose sight of what's truly yours.

That's why this workbook exists. It's here to help you:

- ◆ **Discover Your True Values** – Separate what's truly yours from what you were taught to believe.
- ◆ **Believe in Your Worth** – Not just in your head, but in your heart.
- ◆ **Live in Alignment with Who You Are** – So every day, your choices reflect that you matter.

Right now, you might not fully believe this. That's okay. **Part of you wants to.** That's why you're here.

**Exploring your values is not just an exercise—it's an act of self-trust, self-respect, and self-healing.**

This is your first step. You're ready. Let's begin.





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# Chapter 1:

## What Are Values?

### Your Values Are Your Truth

If you've ever felt lost—unsure of who you really are, what truly matters to you, or why you sometimes feel disconnected from your own life—this is where we begin.

Your **values** are not just words. They are the deep truths that guide you. They shape how you see yourself, how you make choices, and how you show up in the world.

But when you've been made to feel **unworthy, unheard, or unseen**, it's easy to lose touch with your own truth. Maybe you've spent years adapting to others' expectations, doing what's "right" to keep the peace, or simply surviving. You might not even be sure what your true values are—or if they really belong to you.

That's why we're here.



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### Why Your Values Matter

Values are not just words. They are the **core of who you are**. They influence how you:

◆ **See yourself** – Do you believe you are worthy, deserving, and enough?

◆ **Make decisions** – Do you trust yourself to choose what's right for you?

◆ **Show up in the world** – Do you live in alignment with what feels true inside?

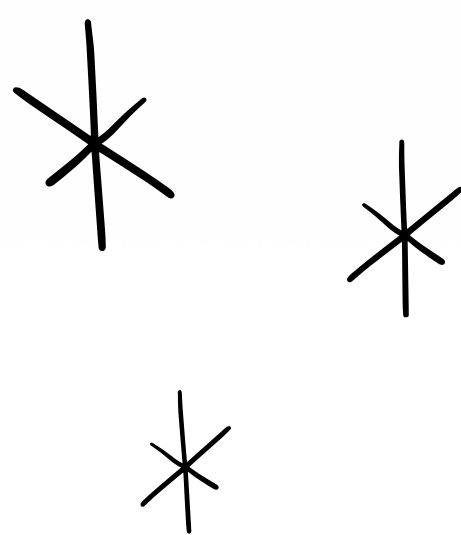
When you don't know your values—or when you've been disconnected from them—you may feel:

- ◆ Lost, unsure of what direction to take in life
- ◆ Trapped, making choices based on what others expect rather than what you truly want
- ◆ Disconnected, like something is missing but you can't quite name what it is

That's why this journey is so important. **Knowing your values is about reclaiming yourself.** It's about dusting off the layers of doubt, guilt, or survival that have covered your truth—so you can finally see the brilliance that has been inside you all along.

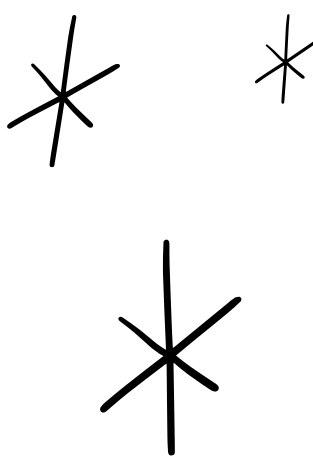


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## Chapter 2:

# Your Values Are Already Inside You— Now It's Time to See Them Clearly

Imagine holding a raw gemstone in your hand—unpolished, uncut, but full of potential. That's what your values are like. They are already within you, but over time, they may have been covered by layers of doubt, expectation, or past experiences.

Now, it's time to **uncover them, polish them, and hold them in the light** so you can see them for what they truly are: the foundation of your truth.

The challenge is that many of us have been living by **values we didn't choose**. Instead, we've absorbed what others told us was important—what family, society, or past experiences dictated. But today, we shift the focus **back to you**.



### Let's Start Digging—What's Already There?

As you begin exploring your values, start by noticing **what already shows up in your life**. Here are three simple ways to find the gems that matter most to you:

#### 1. Reflect on What Feels Right

- Think of a time when you felt truly proud of **yourself, fulfilled, or at peace**.
- What were you doing?
- What about that moment made you feel so good?

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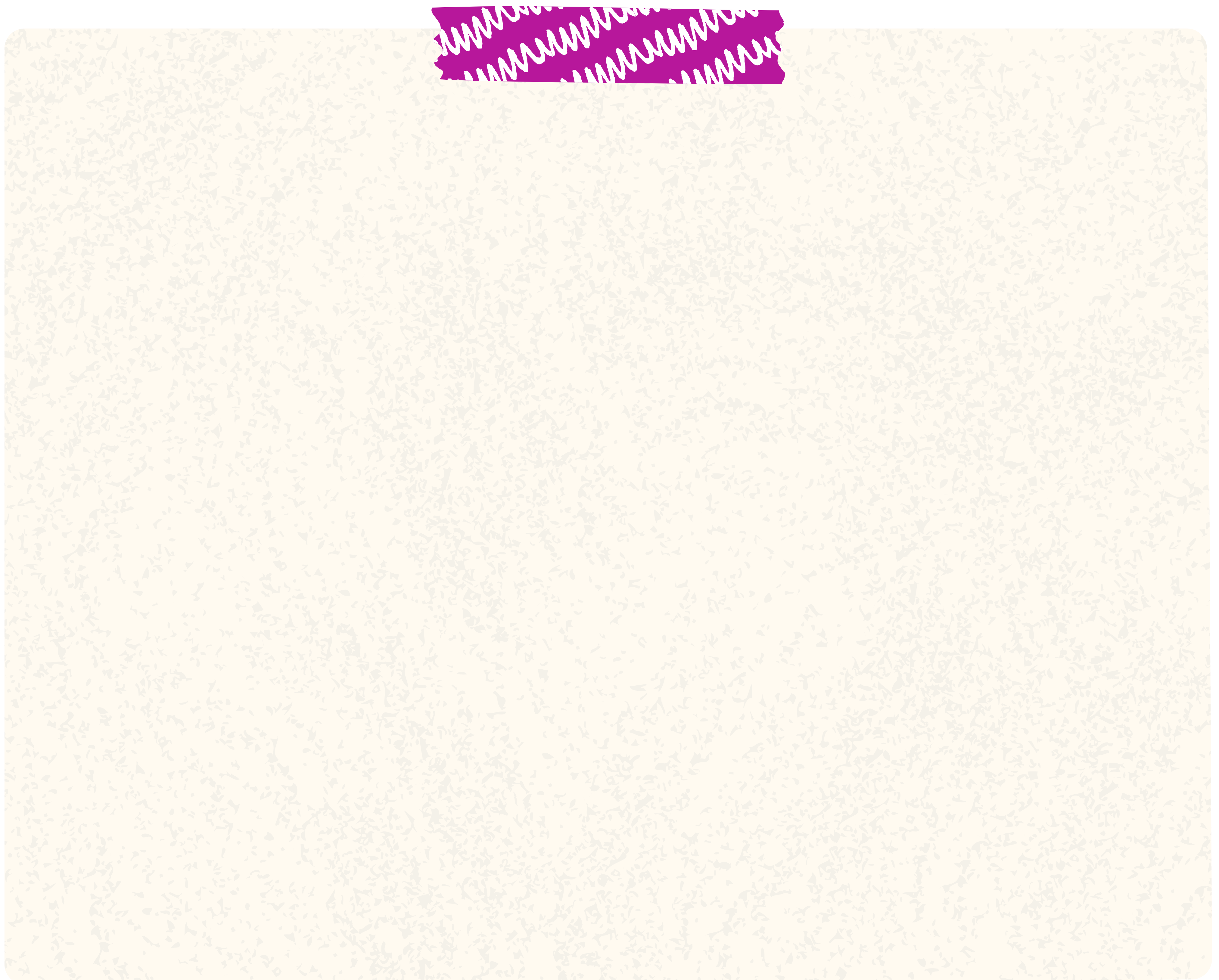


### 2. Notice What Feels Wrong

- Think of a time when something **felt off, frustrating, or even painful.**
- What happened?
- What personal value might have been ignored or violated?

### 3. Explore the Words That Resonate With You

- As you go through the upcoming **list of values**, take note of the ones that **spark something inside you.**
- Some values may feel like an instant “YES, that’s me.”
- Others may feel unfamiliar—but take your time. The goal is not to rush but to **discover.**



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### Choosing Your Core Values

Not every value will feel deeply personal to you—and that's okay. Some will **shine brighter than others**. The ones that **call to you, stir something inside you, or feel like they've been part of you all along**—those are your gems.

✨ **You are not creating your values. You are uncovering what has been within you all along.**

This next section will guide you through a comprehensive list of values. Read through them slowly. Mark the ones that feel important. If a value doesn't resonate with you, leave it. Your truth will reveal itself—one gemstone at a time.

Now, let's begin.

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## Decision Making & Personal Strength

- ☐ **Accountability** Taking responsibility for your actions and their outcomes.
- ☐ **Achievement** Feeling fulfilled by reaching personal or professional goals.
- ☐ **Advancement** Making progress in skills, career, or personal growth.
- ☐ **Adventure** Embracing new experiences, challenges, and excitement in life.
- ☐ **Ambition** Having a strong desire to succeed and working hard to achieve it.
- ☐ **Boldness** Having the confidence to take risks and stand by your beliefs.
- ☐ **Challenge** Pushing yourself beyond comfort zones to learn and grow.
- ☐ **Commitment** Staying dedicated to what is important to you, even when it's difficult.
- ☐ **Consistency** Acting in a reliable and steady way over time.
- ☐ **Courage** Facing fear and difficulty with determination.
- ☐ **Dedication** Fully investing time and effort into something that matters to you.
- ☐ **Decisiveness** Making choices with clarity and confidence.
- ☐ **Dependability** Being someone others can count on to follow through.
- ☐ **Excellence** Striving to do your very best in all that you do.
- ☐ **Growth** Seeking continuous self-improvement and learning.
- ☐ **Knowledge** Pursuing information and understanding.
- ☐ **Leadership** Inspiring and guiding others towards a shared goal.
- ☐ **Learning** Expanding your skills, knowledge, and awareness.
- ☐ **Motivation** Finding the inner drive to take action toward your goals.
- ☐ **Performance** Striving to achieve high standards in what you do.
- ☐ **Personal Development** Working on yourself to become the best version of you.
- ☐ **Power** Having influence over your own life and choices.

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- ☐ **Preparedness** Being ready and proactive for what may come.
- ☐ **Professionalism** Acting with skill, integrity, and respect in your work.
- ☐ **Punctuality** Valuing time and consistently being on time.
- ☐ **Quality** Striving for excellence in everything you create or contribute.
- ☐ **Rationality** Thinking logically and making decisions based on reason.
- ☐ **Realism** Seeing and accepting things as they truly are.
- ☐ **Reliability** Being trustworthy and consistent in actions and commitments.
- ☐ **Responsiveness** Reacting quickly and thoughtfully to people and situations.
- ☐ **Success** Achieving the goals and results that matter to you.
- ☐ **Vision** Having a clear sense of what you want for the future.
- ☐ **Wealth** Creating financial security and abundance.
- ☐ **Zeal** Approaching life with passion, energy, and enthusiasm.

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### Establishing & Maintaining Boundaries

- ☐ **Acceptance** Embracing yourself and others as they are.
- ☐ **Advocacy** Standing up for what you believe in and supporting others.
- ☐ **Balance** Maintaining stability between different areas of life.
- ☐ **Calmness** Approaching life with peace and emotional steadiness.
- ☐ **Collaboration** Working together with others to achieve a common goal.
- ☐ **Community** Feeling a deep connection and belonging with others.
- ☐ **Cooperation** Willingness to work with others in a harmonious way.
- ☐ **Diversity** Valuing and respecting differences among people.
- ☐ **Family** Cherishing the relationships with those who feel like home.
- ☐ **Flexibility** Adapting easily to changes and new situations.
- ☐ **Freedom** Having the ability to make choices that align with your needs and values.
- ☐ **Friendship** Cultivating deep, meaningful relationships with others.
- ☐ **Inclusiveness** Ensuring everyone feels valued and respected.
- ☐ **Love** Expressing care, connection, and deep affection.
- ☐ **Loyalty** Staying true to people, commitments, and beliefs.
- ☐ **Peace** Seeking a life of harmony and inner stillness.
- ☐ **Popularity** Enjoying being recognized and liked by others.
- ☐ **Recognition** Feeling seen and appreciated for your contributions.
- ☐ **Relationships** Building meaningful and supportive connections with others.
- ☐ **Security** Seeking stability, safety, and certainty in life.
- ☐ **Stability** Valuing consistency and predictability in life.



**Traditionalism** Honoring customs, beliefs, or ways of life that hold meaning.

## Overcoming Self-Doubt & Building Confidence

**Authenticity** Being true to yourself in thoughts, actions, and words.

**Brilliance** Using intelligence, creativity, or insight to inspire others.

**Cleverness** Using intelligence and problem-solving skills effectively.

**Curiosity** Seeking to understand and explore new ideas.

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- ☐ **Expressiveness** Openly sharing your thoughts, emotions, and ideas.
- ☐ **Happiness** Finding contentment and joy in life.
- ☐ **Health** Prioritizing physical and mental well-being.
- ☐ **Humor** Finding joy and laughter in life's moments.
- ☐ **Innovation** Thinking outside the box and embracing new ideas.
- ☐ **Inspiration** Motivating yourself and others toward positive change.
- ☐ **Intelligence** Seeking knowledge and deep understanding.
- ☐ **Joy** Experiencing a deep sense of happiness and gratitude.
- ☐ **Mindfulness** Being fully present and aware in the moment.
- ☐ **Optimism** Maintaining hope and a positive outlook.
- ☐ **Originality** Valuing uniqueness and creative thinking.
- ☐ **Passion** Pursuing what excites and fulfills you.
- ☐ **Playfulness** Bringing lightness and fun into life.
- ☐ **Resourcefulness** Finding creative solutions to challenges.
- ☐ **Resilience** Bouncing back from challenges with strength.
- ☐ **Versatility** Adapting to different situations with ease.
- ☐ **Well-Being** Prioritizing overall physical, mental, and emotional health.

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### Self-Identity & Integrity

- ☐ **Appreciation** Recognizing and valuing what you have.
- ☐ **Autonomy** Living life on your own terms.
- ☐ **Benevolence** Being kind and compassionate toward others.
- ☐ **Caring** Showing love and concern for people and causes.
- ☐ **Charity** Giving to others who are in need.
- ☐ **Compassion** Understanding and responding to others' pain with kindness.
- ☐ **Contribution** Making a meaningful impact in the lives of others.
- ☐ **Credibility** Being someone who can be trusted and relied upon.
- ☐ **Empathy** Deeply understanding and connecting with the emotions of others.
- ☐ **Ethics** Living according to strong moral principles.
- ☐ **Fairness** Ensuring justice and equality in all situations.
- ☐ **Generosity** Giving freely of your time, energy, or resources.
- ☐ **Grace** Showing kindness, patience, and forgiveness.
- ☐ **Honesty** Being truthful and transparent in all you do.
- ☐ **Humility** Recognizing your worth without arrogance.
- ☐ **Independence** Making your own choices and standing on your own.
- ☐ **Individuality** Embracing what makes you unique.
- ☐ **Intuition** Trusting your inner wisdom and instincts.
- ☐ **Kindness** Treating yourself and others with compassion.
- ☐ **Making a Difference** Creating positive change in the world.
- ☐ **Purpose** Living with intention and meaning.

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- ☐ **Quest for Truth** Seeking honesty and deeper understanding.
- ☐ **Quietness** Valuing peace, solitude, and introspection.
- ☐ **Responsibility** Owning your actions and commitments.
- ☐ **Selflessness** Putting others' needs before your own with care.
- ☐ **Simplicity** Finding joy in the uncomplicated and meaningful.
- ☐ **Wisdom** Gaining insight through experience and reflection.

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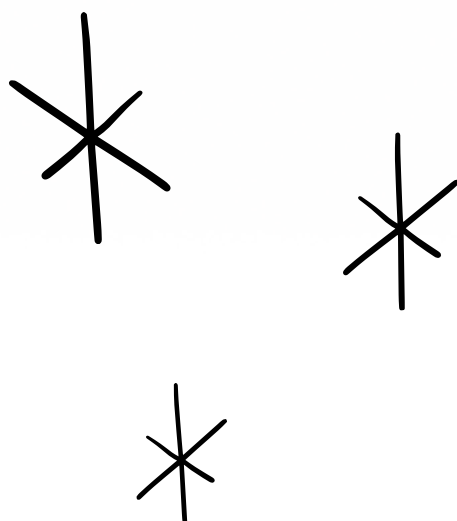
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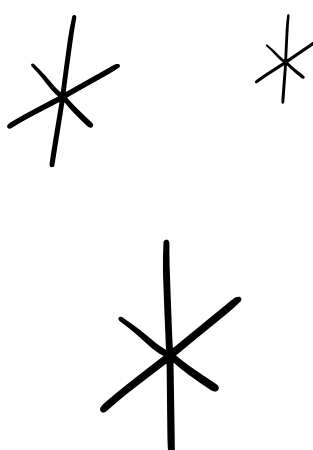


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## Chapter 3:

# Reflect on Your Values

By now, you've begun uncovering your values—those deep truths that guide you, shape your choices, and reflect what truly matters to you. But values aren't just something you *pick* from a list. They are **alive** in your daily life, influencing how you feel, act, and connect with yourself and others.

The next step in this journey is **reflection**—not just knowing your values but **understanding how they show up for you**. This is where your values become real, where you start to see how they've been woven into your story, and where you reclaim them as your own.



### Let's Bring Your Values to Life

For each value you've identified, take time to explore the questions below. **There are no right or wrong answers—just honest reflections of what is true for you.**

#### 1. When Have I Felt This Value in Action?

- Think of a time when you felt **aligned, at peace, or truly yourself**.
- What was happening? What made that moment meaningful?
- How did it feel in your body—lightness, excitement, calmness?

💡 *Example: If you chose **Compassion**, recall a time when you deeply supported someone or when someone showed you kindness that changed you.*

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### 2. Why Does This Value Matter to Me?

- What about this value feels personal and important?
- Is this a value you've always had, or is it one you are growing into?
- Does this value reflect something you've always honored, or does it come from a past struggle?

💡 *Example: If you chose **Independence**, you might realize that growing up, you weren't allowed to make your own choices—so now, independence is deeply important to you.*

### 3. What Challenges Do I Face in Living This Value?

- Do you struggle to live by this value in certain situations?
- Are there people or environments that make it hard to honor this value?
- What patterns from your past might have made it difficult to fully embody this?

💡 *Example: If you chose **Honesty**, but you grew up in an environment where telling the truth led to punishment, you may notice hesitation when speaking up. **Recognizing this helps you heal and reclaim this value.***

### 4. How Can This Value Shape My Future?

- If you fully embraced this value, how would your life feel different?
- How would this value guide your choices moving forward?
- How can you integrate this value into your daily life in small, meaningful ways?

💡 *Example: If you chose **Self-Worth**, imagine what would change if you truly believed in your own value. How would you set boundaries? How would you show up in relationships? What decisions would you make differently?*

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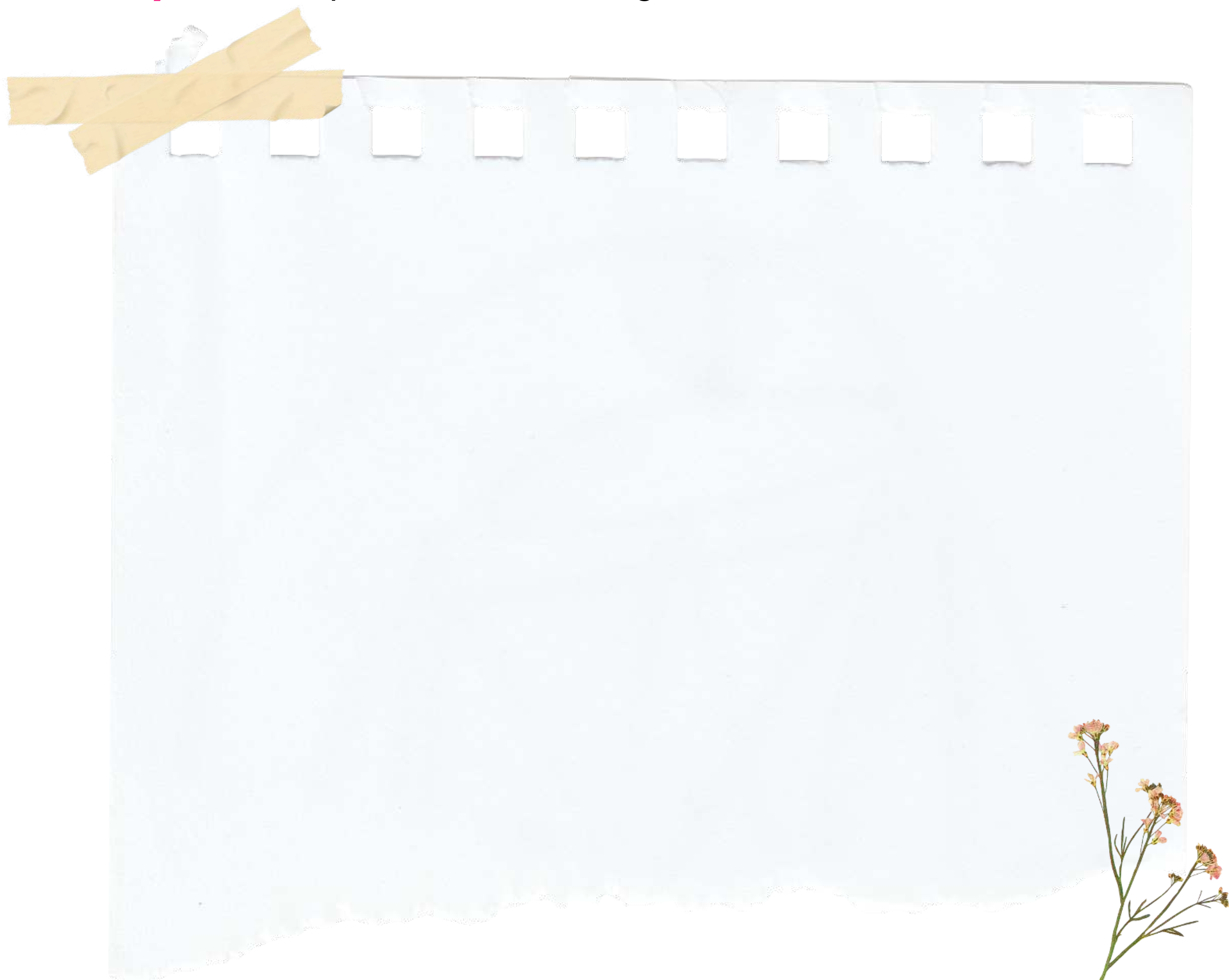
### Moving From Reflection to Action

This chapter isn't just about understanding your values—it's about **owning them. These are your truths.** They have always been part of you, even if life has tried to push them aside.

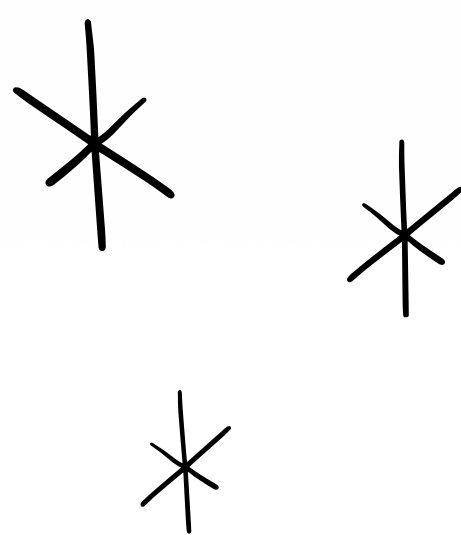
Take time to sit with your answers. **Write them down, feel them, and let them sink in.** This process is not just about thinking—it's about feeling your values **in your heart and body.**

Next, we'll take what you've uncovered and begin integrating it into your daily life. **Because knowing your values is one thing—living by them is where the transformation happens.**

You are not broken. You are not lost. **Your truth has always been inside you.** Now, you are reclaiming it.

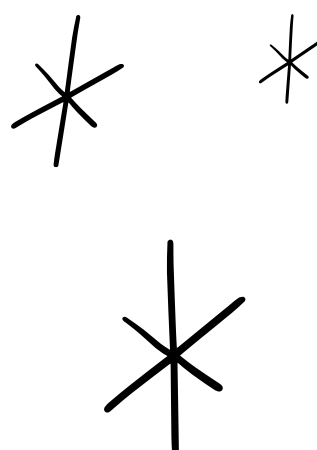


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## Chapter 4:

# Discovering Your True Values – A Practical Activity Guide

### Your Values Are Yours to Reclaim

By now, you've begun to uncover the values that feel true to you. But in a world that has shaped you with expectations, past wounds, and survival patterns, it can be difficult to know:

- ◆ *Which values are truly mine?*
- ◆ *Which ones were handed to me by family, culture, or past experiences?*
- ◆ *How do I know if a value is something I deeply believe or just something I was taught to accept?*

This chapter is about **separating the noise from the truth**. It's about taking the raw, unpolished gemstones of your values and refining them—**so what remains is real, yours, and unshakable**.





# Activity 1:

## Mapping Your Values

### Step 1:

#### List Your Values

Write down the values you identified in the previous chapter.

### Step 2:

#### Where Did This Value Come From?

Next to each value, reflect on its **origin**:

- 🔧 *Was this value something you grew up with?*
- 🌱 *Did you adopt it from someone else—parents, society, a past relationship?*
- 🔥 *Did this value emerge from struggle or survival?*

💎 *Example: If you wrote **Success**, ask yourself:*

- *Was I taught that success = being loved or accepted?*
- *Did I adopt this value to prove my worth?*
- *Do I actually feel joy when pursuing success, or does it bring anxiety?*



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## Activity 2: Emotional Response Check

Sometimes, we carry values because we think we should, not because they actually feel good to us. This exercise helps you tune into how each value feels in your body.

### Step 1:

#### Rate Your Emotional Connection to Each Value

For each value, ask yourself:

- ♥ *Does this value feel like home? Like relief? Like truth?*
- 💡 *Or does it feel heavy, like pressure or expectation?*
- Does this value feel more like a “should” than a “want”?*

Use a simple scale to rate your emotional response to each value:

- ✓ *Aligned – This value brings me joy and reflects my true self.*
  - ? *Uncertain – I need to explore this value more.*
  - ✗ *Not mine – This value feels like it was given to me, not chosen by me.*
- 💎 *Example: If you wrote **Perfection**, but it always makes you feel exhausted and anxious, ask:*
- *Is this my true value, or was I taught that being perfect = being worthy?*



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## Activity 3:

# Identifying Your Core Values

Now that you've mapped and evaluated your values, it's time to refine your **Core Values List**.

### Step 1:

#### Keep the Values That Feel Like Truth

Go back to your list and **circle the values that feel aligned with who you truly are and who you want to be.**

### Step 2:

#### Release the Values That Are Not Yours

Gently cross out the ones that **don't feel like home**—the ones you've carried because someone else told you they mattered.

✦ *You are not rejecting these values out of fear or shame.*

✦ *You are simply allowing yourself to be free of what does not belong to you.*

💎 *Example: If you realize that Obedience was something ingrained in you as a child, but it makes you feel small rather than empowered, you can release it.*

### Step 3:

#### Prioritize Your Top Five Core Values

Look at your refined list and choose **five values that define who you are at your core.**

**These are your foundation.** They are the values that, when honored, make you feel **whole, grounded, and alive.**

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### Why This Process Matters

Many people struggle to live by their values because they are **living by someone else's**.

This process is about making sure that **your values are truly yours**—so that when you make decisions, build relationships, and create your life, **it is from a place of deep authenticity, not external expectation**.

✦ *You get to choose what matters to you.*

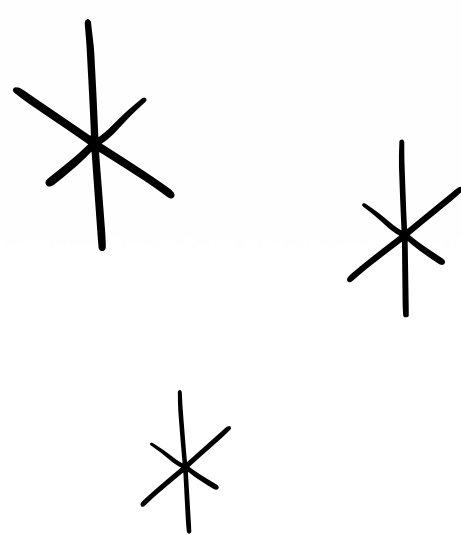
✦ *You get to let go of what no longer fits.*

✦ *You get to live in a way that feels right—not just in your mind, but in your heart.*

**Now that you've refined your values, the next step is putting them into action.** Let's move forward.

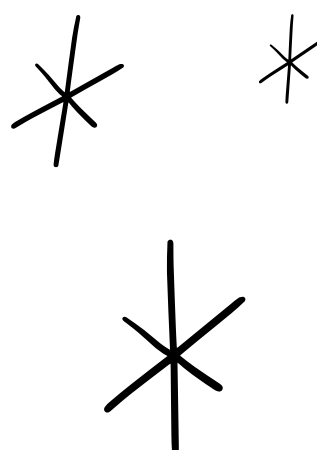


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## Chapter 5: Living Your Values – Turning Insight into Action

### Your Values Are Not Just Ideas—They Are Meant to Be Lived

Now that you've uncovered and refined your **true values**, you may be wondering:

- ◆ *How do I actually live by these values every day?*
- ◆ *What if I struggle to follow through?*
- ◆ *How do I make decisions that align with my values instead of falling back into old patterns?*

This chapter is where **transformation happens**. You've done the deep work of reclaiming your values. Now, it's time to **integrate them into your life—so that your choices, actions, and relationships reflect the truth of who you are**.

### Step 1: Define Small, Daily Actions for Each Value

Your values come alive when they **shape your actions**. Instead of seeing them as abstract concepts, start thinking about **specific ways** to express them every day.





## Write Down One Small Action for Each Core Value

 Example:

- These don't have to be **big, dramatic changes**. Living your values is about **consistent, small choices that reinforce what matters to you**.

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## Step 2: Use Your Values to Guide Decisions

One of the most powerful ways to integrate your values is to use them as a filter for making decisions.

### Activity:

#### The Values Check-In Method

When faced with a decision—big or small—ask yourself:

- ✓ ***Does this choice align with my values?***
- ✓ ***If I say yes, am I honoring what matters to me?***
- ✓ ***If I say no, am I betraying a part of myself?***

💎 Example: If your value is **Freedom**, but you feel pressured to take on commitments that drain you, ask:

*"Am I saying yes because I want to—or because I'm afraid to disappoint someone?"*

When you make choices that **align with your values**, you feel **peaceful, confident, and empowered**. When you go against them, you may feel **resentful, anxious, or disconnected from yourself**.

Your values are your **compass**—use them to navigate your life.

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### Step 3: Overcome Challenges & Resistance

Living by your values **isn't always easy**. Sometimes, it will feel uncomfortable—especially if you've spent years making choices based on other people's expectations.

#### *Common Struggles & How to Handle Them:*

##### **Fear of Disappointing Others**

- If you're used to people-pleasing, living by your values may feel selfish at first. **It's not.** It's self-honoring.

**Reminder:** You are not responsible for managing others' feelings at the cost of your truth.

##### **Struggling to Stay Consistent**

- No one lives perfectly by their values every day. What matters is that you **keep coming back to them.**

**Reminder:** Progress, not perfection. Small steps build long-term change.

##### **Letting Go of Old Patterns**

- If you've lived by values that weren't yours for a long time, you may slip into old habits. That's okay.

**Reminder:** Growth is about awareness. Every time you **notice** yourself acting against your values, celebrate it—it means you're waking up.





Step 4: Reflect & Adjust Over Time

Your values are **living things**—they grow and evolve with you. Checking in regularly ensures you **stay aligned with who you are becoming**.

Activity:

Monthly Values Check-In

At the end of each month, reflect on the following:

- 1. **Which values did I honor the most this month?**
- 2. **Where did I struggle to live by my values?**
- 3. **Is there a value I want to focus on more next month?**

Example:

- *"I lived by my value of Self-Worth by setting boundaries this month."*
- *"I struggled with my value of Rest because I kept overworking."*
- *"Next month, I will focus on integrating more balance into my life."*

Consistency is not about **getting it right all the time**—it's about continuing to check in, adjust, and **recommit** to yourself.

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## FIND YOUR REAL VALUES & Drop What's Not Yours



### Step 5: Commit to the Future You're Creating

This workbook was never about just **finding** your values. It was about **reclaiming** yourself—your truth, your voice, and your power to create a life that reflects who you truly are.

- ✦ **You now have the clarity to know what matters most.**
- ✦ **You now have the awareness to make decisions that align with your truth.**
- ✦ **You now have the tools to live intentionally, confidently, and authentically.**

This is not the end of your journey. **It's the beginning of the life you choose to build.**

**Now, go live your truth. You are worthy of it.**



### Your Truth, Your Life, Your Future

You have spent this time doing something incredibly important—**not just learning about values, but uncovering the truth of who you are.**

This journey was never about finding the “right” values or following a checklist. It was about **reclaiming what has always been inside you**—your voice, your worth, and your power to create a life that reflects the real you.

But this isn't the end. **This is where your new beginning truly starts.**

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### You Are No Longer Living by Default—You Are Living by Choice

- ◆ You now know what truly matters to you.
- ◆ You can recognize when a decision aligns with your value—and when it doesn't.
- ◆ You have the power to shape your life based on what feels true and right to you.

There may still be moments when you doubt yourself. That's normal. Growth isn't about never questioning—it's about choosing to return to yourself, again and again.

Every time you honor your values, you are reinforcing the truth:  
**You matter.**

### What Comes Next?

🌀 **Keep checking in with your values.** Life will evolve, and so will you. Your values may shift, deepen, or expand. Let them. Keep asking yourself: Does this still feel true to me?

🌀 **Make small, daily choices that reflect your truth.** The way you live your values doesn't have to be big or dramatic. It's in the quiet moments, in the small decisions, in the way you show up for yourself every day.

🌀 **Give yourself grace.** Some days you will live by your values effortlessly. Other days, old patterns will pull at you. That doesn't mean you've failed. **It means you're still growing. Keep going.**



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### Want to Go Further?

This workbook is just the beginning. **If you're ready to go deeper**, we invite you to explore our other gems designed to help you break free from limiting beliefs, heal past patterns, and fully step into your truth.

💎 **Name What You Feel – 1 Hour Emotional Awareness Workbook** – Understand your emotions with clarity, empowering you to process and heal from overwhelming or unresolved emotions.

💎 **100 Negative Thoughts Awareness List for Overthinkers** – A powerful resource to help you challenge and reframe negative self-talk, so you can start believing in your worth—every single day.

Each of these tools is designed to support you on this journey of **self-discovery, healing, and transformation**.



✨ **You've already taken the first step. Now, what's next?** ✨

👉 Explore our **Gem Collection**.



## Final Words:

### You Are Enough. You Always Were.

Right now, you might not fully believe in your worth. That's okay.

But part of you wants to.

That part of you is why you picked up this workbook. It's why you did this work. It's why, even when things felt uncertain, you kept turning the pages.

Because deep down, some part of you knows:

✦ **You are not broken.**

✦ **You are not lost.**

✦ **You are worthy of a life that feels true to you.**

Let this be the moment you **stop questioning your value and start living it.**

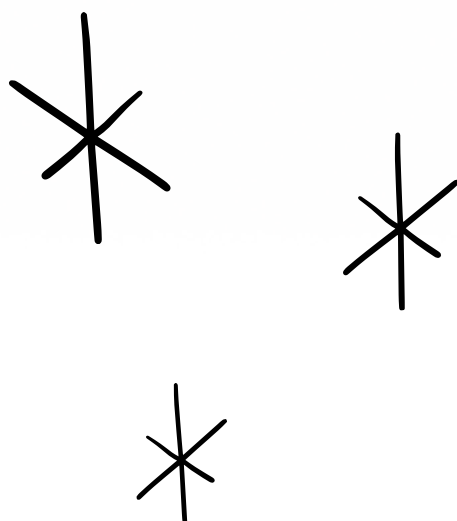
This is your truth.

This is your life.

Now go live it—every single day.



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NOTES

Handwriting practice lines for notes, consisting of multiple rows of dotted lines on a light blue background.

