

Getting Clear on What Matters to You Your Core Values

Your values are like a compass. When you know what *really matters to you*, it becomes so much easier to make decisions—whether it's setting a boundary, saying yes to something, or walking away from what doesn't feel right.

Have a look at the list below and **pick up to six values** that genuinely speak to you. Not what you think you should value—but the ones that **feel true to who you are** (or who you're becoming).

Try to keep it to six or fewer so you're focusing on what really matters.
(If you are struggling to define your values, go to the next pages)

Self-Respect
Honesty
Compassion
Calm
Freedom
Boundaries
Courage
Growth
Balance
Trust

Support
Clarity
Kindness
Empowerment
Stability
Belonging
Authenticity
Independence
Peace
Accountability

Privacy
Connection
Patience
Fairness
Presence
Resilience
Loyalty
Purpose
Safety
Ease

Use the following values table to help you find the values that resonate most with you

Accountability	Taking ownership of your choices instead of waiting for permission
Authenticity	Feeling safe enough to be fully, unapologetically yourself
Balance	Giving to others <i>without</i> abandoning yourself
Belonging	Feeling accepted for who you truly are—not who you perform to be
Boundaries	Protecting your time, energy and emotions <i>without guilt</i>
Calm	Creating space where you don't feel constantly on edge
Clarity	Feeling clear on what you want, instead of second-guessing everything
Compassion	Speaking to yourself the way you speak to everyone else
Connection	Real, meaningful relationships where you feel heard and seen
Courage	Doing what's right for you, even when it feels scary
Empowerment	Knowing you're allowed to choose yourself
Ease	Letting go of the pressure to make everything hard all the time
Fairness	Being treated with the same respect you give to others
Freedom	Feeling unshackled from expectations and people-pleasing
Growth	Becoming the woman you know deep down you're meant to be



Honesty	Being truthful with yourself—even when it’s uncomfortable
Independence	Trusting your own judgement over everyone else’s opinions
Kindness	Treating yourself with the gentleness you usually reserve for others
Loyalty	Having your own back—even when no one else does
Patience	Giving yourself time to evolve, instead of rushing the process
Peace	Less chaos in your head, more quiet in your soul
Presence	Not living in the past or the what-ifs, just being here
Privacy	Knowing you don’t owe anyone your whole story
Purpose	Feeling like your life means something—on your terms
Resilience	Picking yourself back up and trying again—with kindness
Respect (Self-Respect)	Refusing to shrink, apologise or explain yourself
Safety	Emotionally, mentally, physically—a life that doesn’t feel threatening
Stability	Feeling grounded in who you are and what you want
Fairness	Being treated with the same respect you give to others
Trust (Self-Trust)	Believing in your ability to make good decisions without needing outside approval



What Really Matters To You

A gentle exercise to help you define your **core values** if you are struggling to choose

Your values are the things that matter **most to you**—the principles you want to live by and the standards you want to be treated with.

When you know what they are, it becomes so much easier to **set boundaries, make decisions, and stop second-guessing yourself.**

This isn't about choosing the “right” ones. It's about choosing the ones that make you feel safe, empowered, and clear on who you are—even when you're having a wobble.

Step 1: Look through the values list

Circle or highlight the ones that pull at you—even if it's just a little (if you haven't done so already). Write them below (Use your gut here, not your head):

Step 2: Narrow it down

Now, from the ones you've chosen, pick your top 3–6.

These are the values that feel most you—or the version of you you're stepping into. Write them on your Core Values Sheet page p.7

Step 3: A Quick Reflection

Pick one of your values above and finish this sentence:

“ When I stay true to this value, I feel...” or When I choose this value in my life, I feel...”

And now this one:

“When this value is ignored or crossed, I feel...”

✨ These are your anchors. Come back to them anytime you feel lost, overwhelmed, or unsure of what to do next.