

# CALIBRATE YOUR INNER GPS

DISCOVERING YOUR PERSONAL VALUES



# Hi I'm Jessica

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**TAROT EXPERT**

**ENERGY WORKER**

**PSYCHIC**

**WRITER**

**SPEAKER**

**CREATOR**

**MYSTIC GEEK**

I help people tap into their inner wisdom so they can cut through the hustle and handle whatever life throws at them.



I created this printable workbook so that you can physically write down your responses to the questions posed. The experience of putting pen to paper causes you to slow down and really think through your answers, something that can be difficult to do when you're just mulling things over in your head. If you don't have access to a printer, you can also just use a notebook and write out your responses by hand.

I hope you find this workbook helpful and that it gives you some clarity on what your personal values are and how they guide your decision-making. Thanks for taking the time to work through this!

# WHAT ARE "VALUES"



Personal values are the beliefs that guide our decisions and shape our behavior. They serve as a compass, helping us navigate through life.

For many people, personal values might resemble Legos. Just as each Lego has its own shape and color, each personal value has its own unique meaning and significance. You can build anything you want with Legos, and you can create

anything you want with your own values. They may be used to construct a life that is in line with who you are and what you desire. On the other side, as it's simple to create a mess with Legos, so it's also easy to stray from our values if we're not cautious about them. We might make decisions that aren't consistent with who we are or our objectives.

Everyone has different values. While some people place a high value on family, others prioritize their careers. Sometimes, disagreements between people arise because their values are different. A person who values teamwork and collaboration may butt heads with someone who values individual achievement.

There is no wrong way to have values, but it is important to be aware of what yours are so that you can make choices that align with them.

Personal values help us by providing a framework for decision-making. They also shape our behavior, influencing the choices we make and the actions we take. For example, someone who values their health may choose to eat healthy foods and exercise regularly. Someone who values family may prioritize spending time with loved ones.


When our actions align with our values, we feel good about ourselves and our lives. We are living in a way that is true to who we are. On the other hand, when our actions are out of alignment with our values, we may feel lost, confused, or unhappy.

## **WHY PERSONAL VALUES MATTER NOW MORE THAN EVER**


The global pandemic forced many of us to slow down and take stock of our lives. It has been a time of reflection, during which we may have realized that our actions were not always in alignment with our values. Maybe we were too busy chasing our careers to spend time with our families. Or maybe we neglected our health in favor of other priorities.

Now is the perfect time to get reacquainted with our values and start living in a way that is more aligned with them.





***CREATE A LIFE THAT  
FEELS GOOD ON THE  
INSIDE, NOT ONE THAT  
JUST LOOKS GOOD ON  
THE OUTSIDE.***





# WHY IS IT IMPORTANT TO KNOW OUR PERSONAL VALUES?

Our personal values are important because they serve as a compass, guiding our decisions and shaping our behavior. Without them, we would be lost. Our values help us make decisions that align with our goals and our sense of self.

When our actions are consistent with our values, we feel good about ourselves and our lives. We are living in a manner that is genuine to who we really are.

As a result, it's critical to be aware of your own values so you can ensure they're directing you toward the path you want to take.



***"LIFE IS TOO SHORT AND  
TOO PRECIOUS TO WASTE  
IT LIVING OUT SOMEONE  
ELSE'S VALUES. WE MUST  
FIND OUR OWN."  
- JOHN NORMAN***







## WHEN VALUES CLASH

When two people have different values, it can lead to conflict.

For example, someone who prioritizes family time may butt heads with a person who places a higher value on their career. The former might feel like the latter is neglecting their loved ones, while the latter may view the former as unambitious.

Sometimes, doing what is right means defending something that others may frown upon.

If one of your principles is justice, for example, you might speak out against prejudice or advocate for other people's rights, even though it might go against the grain within your social circle. If you hang out with people who value individual achievement and overcoming adversity, they may have a hard time understanding and empathizing with those who face systemic oppression and need community support.



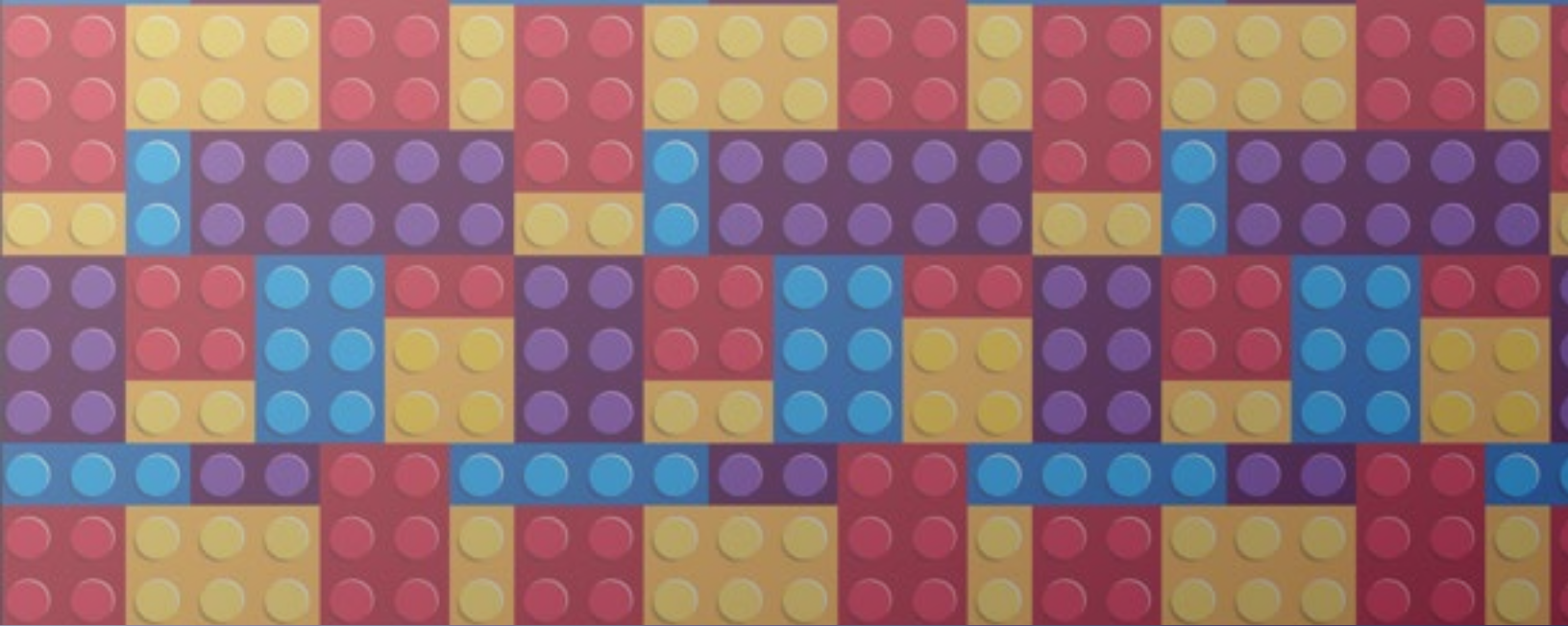


You may discover that your values are in conflict with those of your family, friends, and coworkers, and that's okay. However, it is critical to be steadfast in defending your principles and to remain true to yourself.

While you may be tempted to put your values on the back burner in order to keep the peace, it's crucial to act in accordance with your values even if it's tough since that is what will make you genuinely happy and fulfilled over time.

***"IF YOU DON'T STICK TO YOUR  
VALUES WHEN THEY ARE BEING  
TESTED, THEY'RE NOT VALUES,  
THEY'RE HOBBIES."***

***- JON STEWART***



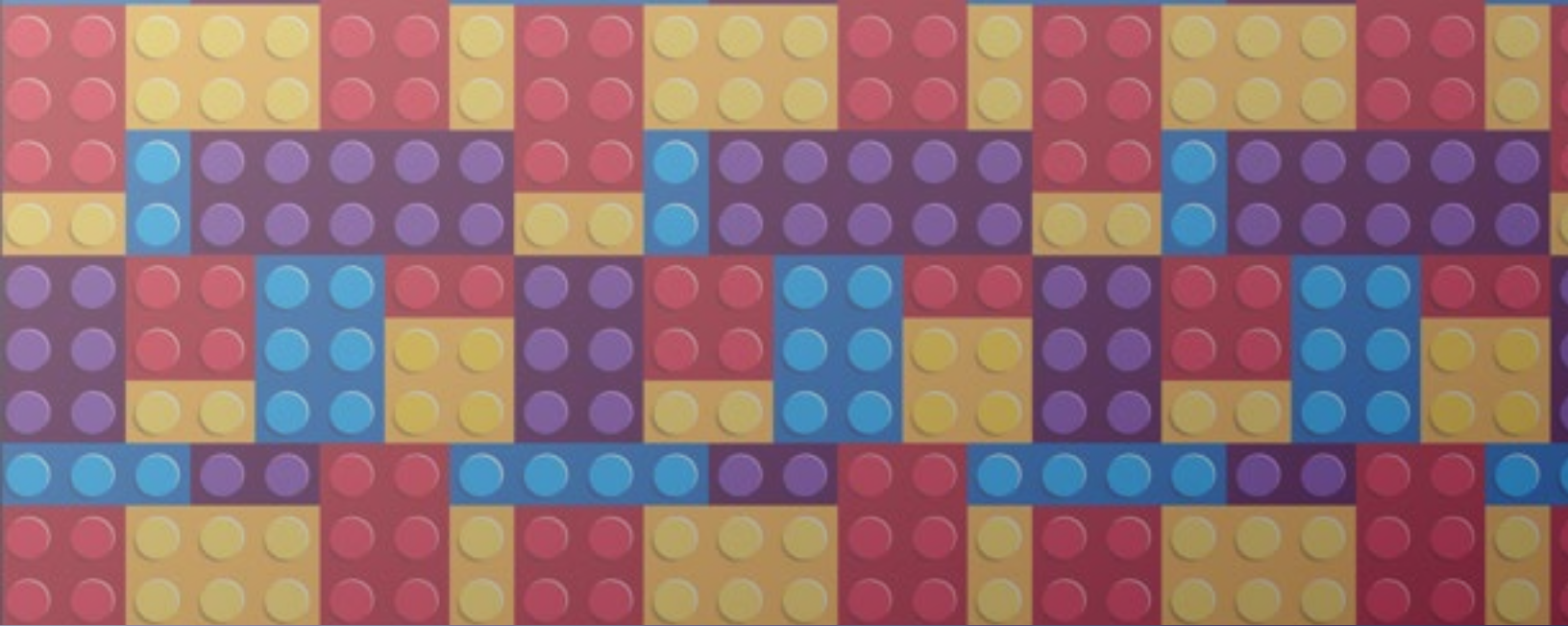
# WHY IS THIS SO COMPLICATED?

Personal values can seem like an abstract concept that isn't relevant to everyday life. Why should we bother thinking about what we value when there are so many other things to worry about? However, personal values are actually incredibly important. They serve as a compass, guiding our decisions and shaping our behavior. Without them, we would be lost.

Here are some reasons why people might not care about personal values:

**They don't know what their personal values are.** This can be a difficult thing to figure out, but it's worth the effort. Once you know what your values are, you can start making decisions that align with them.

**They think personal values are unimportant.** This couldn't be further from the truth! As we mentioned before, personal values are essential for decision-making.



**They don't realize how their actions align (or don't align) with their values.** It's important to take some time every now and then to check in with yourself and see how your actions measure up to your values. Are you living in a way that is true to what you believe?

If you can relate to any of these reasons, don't worry! I'm going to walk you through a couple of exercises that will help you figure out what your personal values are. After that, I'll give you some tips on how to put your values into action so that you can start living in a way that is true to who you are.

***"YOUR CORE VALUES ARE THE  
DEEPLY HELD BELIEFS THAT  
AUTHENTICALLY DESCRIBE  
YOUR SOUL."***

***- JOHN C. MAXWELL***





## Exercise #1

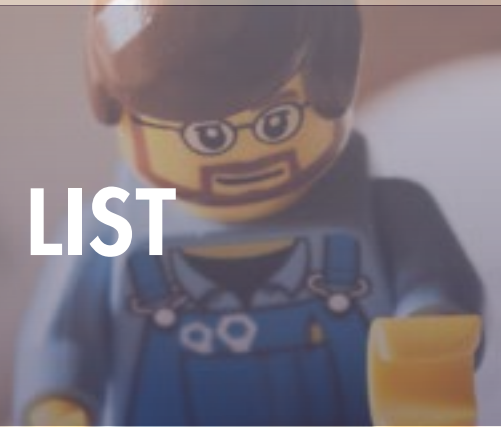
The first step in identifying your personal values is to make a list of what is important to you. This can be anything from family to freedom to creativity. There are no wrong answers, so don't hold back!

Rather than have you write out what you value (and struggle with a blank page) I created a list of 127 common values. Yeah, I know that's a lot, but I wanted to give you a comprehensive list to work with.

Take a look at the list and see if any values jump out at you. Check the box next to each value that resonates with you. I also included a few blanks for you to write in your own values.

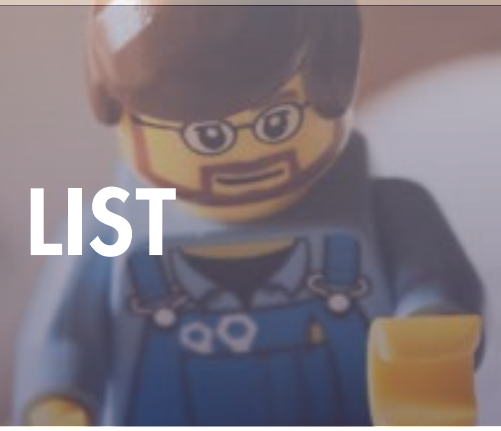


# CORE VALUES LIST



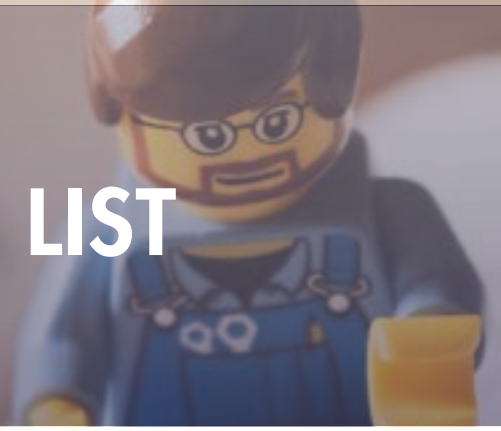
- |  |   |
|--|---|
| <input type="checkbox"/> Accomplishment            | <input type="checkbox"/> Collaboration          |
| <input type="checkbox"/> Accountability            | <input type="checkbox"/> Commitment             |
| <input type="checkbox"/> Accuracy                  | <input type="checkbox"/> Common sense           |
| <input type="checkbox"/> Acknowledgment            | <input type="checkbox"/> Communication          |
| <input type="checkbox"/> Adventure                 | <input type="checkbox"/> Community              |
| <input type="checkbox"/> All for one / one for all | <input type="checkbox"/> Competence             |
| <input type="checkbox"/> Authenticity              | <input type="checkbox"/> Competition            |
| <input type="checkbox"/> Beauty                    | <input type="checkbox"/> Concern for others     |
| <input type="checkbox"/> Calm, quietude, peace     | <input type="checkbox"/> Connection             |
| <input type="checkbox"/> Challenge                 | <input type="checkbox"/> Content over form      |
| <input type="checkbox"/> Change                    | <input type="checkbox"/> Continuous improvement |
| <input type="checkbox"/> Cleanliness, orderliness  | <input type="checkbox"/> Cooperation            |

# CORE VALUES LIST



- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Coordination          | <input type="checkbox"/> Expertise    |
| <input type="checkbox"/> Courage               | <input type="checkbox"/> Fairness     |
| <input type="checkbox"/> Creativity            | <input type="checkbox"/> Faith        |
| <input type="checkbox"/> Decisiveness          | <input type="checkbox"/> Faithfulness |
| <input type="checkbox"/> Delight of being, joy | <input type="checkbox"/> Family       |
| <input type="checkbox"/> Democracy             | <input type="checkbox"/> Flair        |
| <input type="checkbox"/> Discipline            | <input type="checkbox"/> Freedom      |
| <input type="checkbox"/> Discovery             | <input type="checkbox"/> Friendship   |
| <input type="checkbox"/> Diversity             | <input type="checkbox"/> Fun          |
| <input type="checkbox"/> Efficency             | <input type="checkbox"/> Genius       |
| <input type="checkbox"/> Equality              | <input type="checkbox"/> Global view  |
| <input type="checkbox"/> Excellence            | <input type="checkbox"/> Good will    |

# CORE VALUES LIST



- |  |  |
|--|--|
| <input type="checkbox"/> Goodness          | <input type="checkbox"/> Integrity     |
| <input type="checkbox"/> Gratitude         | <input type="checkbox"/> Intensity     |
| <input type="checkbox"/> Hard Work         | <input type="checkbox"/> Intimacy      |
| <input type="checkbox"/> Harmony           | <input type="checkbox"/> Ingenuity     |
| <input type="checkbox"/> Health            | <input type="checkbox"/> Justice       |
| <input type="checkbox"/> Honesty           | <input type="checkbox"/> Knowledge     |
| <input type="checkbox"/> Honor             | <input type="checkbox"/> Leadership    |
| <input type="checkbox"/> Improvement       | <input type="checkbox"/> Love, Romance |
| <input type="checkbox"/> Independence      | <input type="checkbox"/> Loyalty       |
| <input type="checkbox"/> Individuality     | <input type="checkbox"/> Mastery       |
| <input type="checkbox"/> Inner peace, calm | <input type="checkbox"/> Meaning       |
| <input type="checkbox"/> Innovation        | <input type="checkbox"/> Merit         |

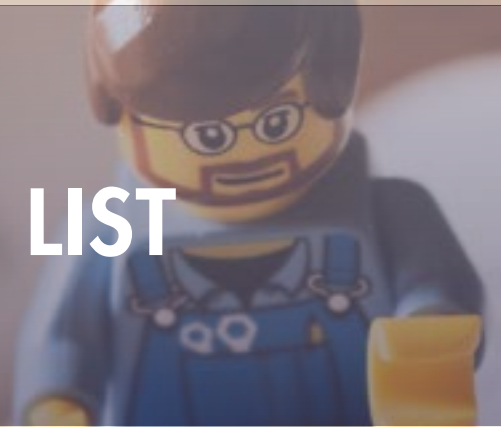
# CORE VALUES LIST



- |  |   |
|--|---|
| <input type="checkbox"/> Methodical          | <input type="checkbox"/> Preservation       |
| <input type="checkbox"/> Money               | <input type="checkbox"/> Privacy            |
| <input type="checkbox"/> Openness            | <input type="checkbox"/> Progress           |
| <input type="checkbox"/> Order               | <input type="checkbox"/> Prosperity, wealth |
| <input type="checkbox"/> Originality         | <input type="checkbox"/> Punctuality        |
| <input type="checkbox"/> Patriotism          | <input type="checkbox"/> Quality of work    |
| <input type="checkbox"/> Peace, Non-violence | <input type="checkbox"/> Regularity         |
| <input type="checkbox"/> Perfection          | <input type="checkbox"/> Reliability        |
| <input type="checkbox"/> Personal growth     | <input type="checkbox"/> Resourcefulness    |
| <input type="checkbox"/> Pleasure            | <input type="checkbox"/> Respect for others |
| <input type="checkbox"/> Power               | <input type="checkbox"/> Responsiveness     |
| <input type="checkbox"/> Practicality        | <input type="checkbox"/> Results-oriented   |

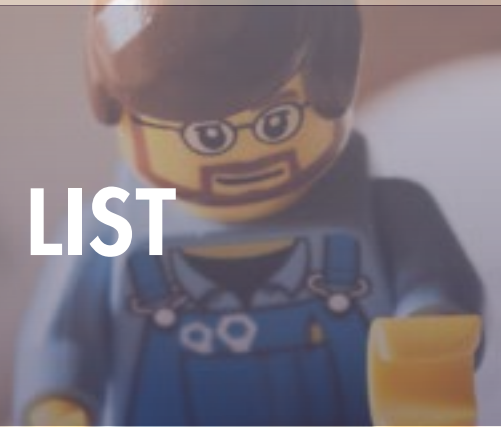


# CORE VALUES LIST



- |  |   |
|--|---|
| <input type="checkbox"/> Rule of law       | <input type="checkbox"/> Speed                |
| <input type="checkbox"/> Safety            | <input type="checkbox"/> Spirituality         |
| <input type="checkbox"/> Satisfying others | <input type="checkbox"/> Stability            |
| <input type="checkbox"/> Security          | <input type="checkbox"/> Standardization      |
| <input type="checkbox"/> Self-giving       | <input type="checkbox"/> Status               |
| <input type="checkbox"/> Self-reliance     | <input type="checkbox"/> Stimulation          |
| <input type="checkbox"/> Self-thinking     | <input type="checkbox"/> Strength             |
| <input type="checkbox"/> Service to others | <input type="checkbox"/> Succeed; a will to - |
| <input type="checkbox"/> Seeing clearly    | <input type="checkbox"/> Success              |
| <input type="checkbox"/> Simplicity        | <input type="checkbox"/> Systemization        |
| <input type="checkbox"/> Skill             | <input type="checkbox"/> Teamwork             |
| <input type="checkbox"/> Solving problems  | <input type="checkbox"/> Timeliness           |

# CORE VALUES LIST



☐ Tolerance

☐ Tradition

☐ Tranquility

☐ Truth

☐ Variety

☐ Unity

☐ Wisdom

***This is not intended to be a comprehensive list. If there is a word that you feel is missing, add it here:***

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

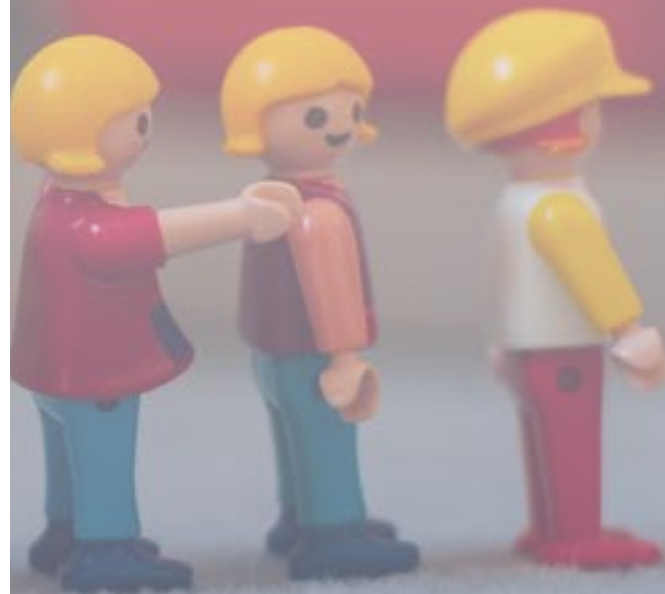
☐ \_\_\_\_\_

# Checking In

Take a look at the values you picked and ask yourself, *"Are these important things to me, or are they ones that I tell myself are so because my friends value them?"*

If you find some that don't quite fit, **let them go** and move on to the next exercise. Sometimes we tell ourselves that something is important because others say we should value it, but that's not helpful. We need to be clear about what we value so that we can make decisions that are in line with those values.

You may find that your values are different from those of your friends, family, and coworkers, and that's okay. We all have different values, and that's what makes us unique. The goal is to find values that are authentically yours so you can live life on your terms rather than to gain someone else's approval.



# PAUSE AND REFLECT

How many values did you select?

What do these values have in common? Are you noticing any patterns or themes?





## Exercise #2

Okay, here's the next step - you have to narrow the list down to 20 values. If you have a list of 50+ values, you're probably wondering "how the heck do I reduce this to 20?" And that's a valid question! Here are a few tips:

1. Start by eliminating the values that are least important to you. This will help you get closer to your 20.
2. Once you've eliminated the values that are least important, take another look at the remaining values and see if any stand out to you as being particularly important. These are the values you should focus on.
3. Finally, if you're still stuck, try thinking about what values you would want to instill in your children or future generations. What values do you think are most important for the world? This can help give you a sense of what is truly important to you.

**If you're having trouble with any of the steps, that's okay! Just take your time and trust your instincts.**

# MY TOP 20 VALUES

P.S.: Don't worry about ranking them

# PAUSE AND REFLECT

How did it feel to go through this process?

What did you notice about the values you kept versus the ones you removed from your list?

## Exercise #3

If you thought dropping your list down to 20 was hard, just wait. The next step is to reduce your list even further by choosing your top 10 values.

Again, you might be thinking "how am I supposed to do that?" But don't worry, we'll walk you through it.

Here are a few tips for narrowing down your list:

1. Look for values that overlap or are similar. For example, if you have values like "family" and "friendship", you could combine them into "relationships".
2. Look for values that support other values. For example, if you value flexibility but that is dependent on abundance, top then you might want to prioritize "abundance".
3. Look at your list and see if there are any values that you would be willing to let go of in order to keep other values. This can help you start to narrow down your list.

**Again, take your time with this exercise and trust your instincts.**



# MY TOP 10 VALUES

P.S.: Don't worry about ranking them

# PAUSE AND REFLECT

How did it feel to go through this process?

What did you notice about the values you kept versus the ones you removed from your list?



## Exercise #4

Okay, the next step is to choose your top 5 values.

This might feel impossible, but trust me, you can do it! If you're having trouble, here are a few tips:

1. Think of the moments in life where you were the proudest of yourself. What values were you acting inline within those moments?
2. Think about the people in your life whom you admire the most. What values do they live by?
3. Finally, think about what values you want to be known for. If someone were to write a book about your life, what values would you want them to focus on?

# MY TOP 5 VALUES

P.S.: Don't worry about ranking them

One last step - **put a star next to your top 2 values.** This might feel impossible, but trust me, you can do it! If you're having trouble, here are a few tips:

1. Think of the moments in life where that value was tested. For example, if your value is "family", think about a time when you had to choose between family and something else. In times when you chose family, how did you feel? In times when you prioritized something else, how did you feel?
2. Ask yourself if you would be willing to make a significant sacrifice for that value. For example, if your value is "achievement" would you be willing to put in extra hours at work or miss important family events?
3. Finally, ask yourself how important that value is to you on a day-to-day basis. Does it guide your decisions? Does it shape how you interact with the world?

# PAUSE AND REFLECT

How did it feel to go through this process?

What did you notice about the values you kept versus the ones you removed from your list?





## Exercise #5

Next, we are going to turn our top 2 values into personal statements. You can do this exercise for all of your top 5 values if you want, but if that feels daunting you can just stick to your top two.

A value statement is a declaration of what you believe in. It is a way to articulate your core values and beliefs. It shares why the value is important and how it's integrated into our daily lives.

# EXAMPLE VALUE STATEMENTS

My top 5 values are **Courage, Curiosity, Play, Responsibility, and Strength**. Here are the personal value statements I created for myself:

Daring to dream bigger than what the “you” of today can accomplish and having the **courage** to grow (level up) to meet those desires.

Approach new information with a **curious** mind; transformation comes from finding our truths.

Approaching life with a **playful** attitude so that even big challenges will appear conquerable.

We all have a unique set of spiritual gifts & blessings, and it's our **responsibility** to nurture and use them in service to others.

Having the audacity to start before you are ready and the **strength** to take mistake-filled steps.

# PERSONAL VALUE STATEMENTS

Personal Value #1

Write out your personal value statement. This can explain why that value is important to you and how you integrate it into everyday life.

# PERSONAL VALUE STATEMENTS

Personal Value #2

Write out your personal value statement. This can explain why that value is important to you and how you integrate it into everyday life.

# PERSONAL VALUE STATEMENTS

Personal Value #3

Write out your personal value statement. This can explain why that value is important to you and how you integrate it into everyday life.



# PERSONAL VALUE STATEMENTS

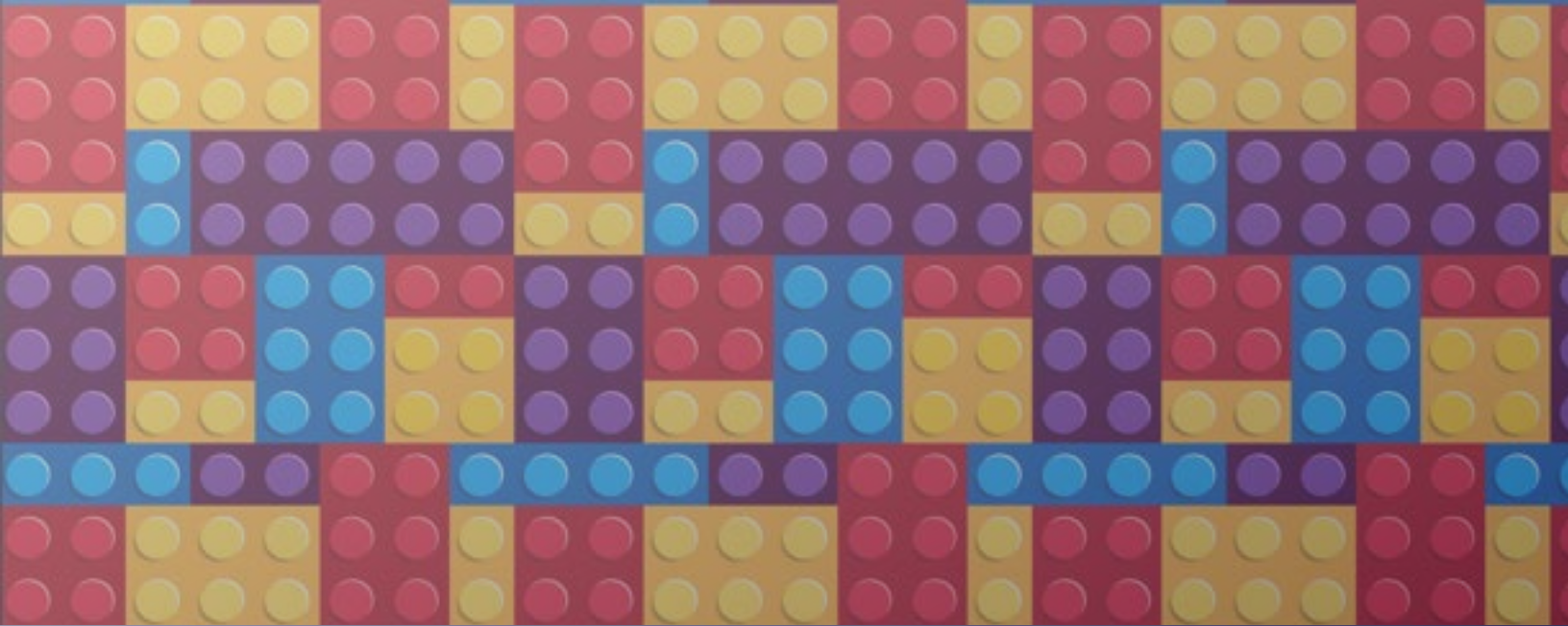
Personal Value #4

Write out your personal value statement. This can explain why that value is important to you and how you integrate it into everyday life.

# PERSONAL VALUE STATEMENTS

Personal Value #5

Write out your personal value statement. This can explain why that value is important to you and how you integrate it into everyday life.



Now that you've written your personal value statements, it's time to put them into action! There are a few ways you can do this:

1. Review your statements regularly. Every day, week, or month, take some time to read over your values and reflect on how you're living them out. Are there any areas where you could improve?
2. Share your values with others. When we share our values with those around us, it not only strengthens our own resolve to live them out but also inspires others to do the same. Another advantage of sharing your values and learning about others is that you'll have a better understanding of one another's behaviors.
3. Live your values intentionally. Make a conscious effort to integrate your values into your daily life. For example, if one of your values is "compassion", make a point of being kind to others, even when it's difficult.
4. Hold yourself accountable. If you find yourself not living up to one of your values, don't be afraid to call yourself out on it. We all make mistakes, but what matters is how we learn from them.

# PAUSE AND REFLECT

What are some other ways you can think of to put your values into action? Write them down below:



# THANK YOU...

I hope you found this workbook helpful. Remember, your personal values are meant to guide you in making decisions that align with your beliefs and whom you want to be in the world. When you live according to your values, you'll feel more fulfilled and authentic.

If you'd like more support in exploring your values or putting them into action, please reach out to me. As a Spiritual Connection Mentor, I help people cut through the hustle of life so that they can handle whatever the world throws at them. We'll work together to get clear on your values and how you can use them as a compass to make decisions that are in alignment with who you want to be.



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