



*living your
values*

getting started booklet

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welcome...

and **congratulations** on taking a step towards achieving your goals and creating the life you dream of.

My hunch is you're looking for **change**. Maybe you know what change you'd like or perhaps you just know you want something different.

I get it. Sick of a to-do list that leaves you exhausted and uninspired. Wanting a bit more sparkle in life.

But how do you start to create that change? Where to start?

Your values are a great resource for these exact questions.

I can help you learn to **harness the power** in your values.

Knowing your values will help you build a rich and meaningful life on your own terms.

nice to meet you



Hi, I'm Jen.

I believe in living your truest life; free from unwanted cultural influence and embedded in a strong sense of connection.

Connection with self, community and nature

Aligning with your true path is sweet and unique for all of us.
But finding it, let alone staying on it, sure ain't easy!

I can show you the way to bring the power of your mind to serve your heart's desires to live a life that is aligned with your unique values. I've taken a few highlights from my online **Living Your Values** workshop to share with you.



values

Values help you answer questions like,

What deep down, is important to me?

What do I want to stand for?

What kind of life would I be proud of?

Knowing your values helps you spend your precious time pursuing your own dreams and goals, not wasting time doing things that society thinks you should do.

I spent 17 years thinking I just needed to change my attitude.

I was ticking a lot of career boxes but there was a **deep yearning** for something else that I didn't understand but couldn't ignore, tried as I might.

I finally realised I was using society's values to make my decisions, rather than my own.

The yearning I felt was the result of **falling into the gap between my values and the societal values** I had unwittingly used to make my decisions.

identify your values

In the space below or in a journal, complete the following playful exercise. Take your time with this and let your imagination soar.

Imagine yourself 100 years old (still looking fabulous!) at your birthday party. You feel so content because you have lived a rich and meaningful life. As you hear the speeches from your friends and family that pay tribute to you wonderful characteristics, list them down.

(Tip: Values will be ongoing characteristics like courageous or kind, not like goals that can be completed)

Questions to reflect on:

Were you **surprised** by any of the values you wrote down?

How do these values match with how you currently **spend your time**?

Are some areas of your life more aligned to your values than others?

Work, relationships, health, spirit



The framework of values can be so helpful in shifting our **perspective** on how we really want to spend our time.

Nietzsche the famous philosopher stated
"he who has the why can endure any how"

Your Values Are Your Why

Values can also help us **stay on track** and progress towards our goals – even when the going gets tough.



ready for more?

There are **practical steps** to take to strengthen how you work with values in your life.

In my **Living Your Values Workshop** I show you how to harness the power of values to stay on track to achieve your goals and dreams.

Living a whole-hearted and value-aligned life isn't always easy. I give you practical tools that you can start using straight away to help you **find the strength within your values.**

I can also work with you in private coaching sessions.

Access the online 30min
Living Your Values Workshop via this [link](#).

I would love to hear from you, you can contact me on the details below if you have any questions or comments.

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