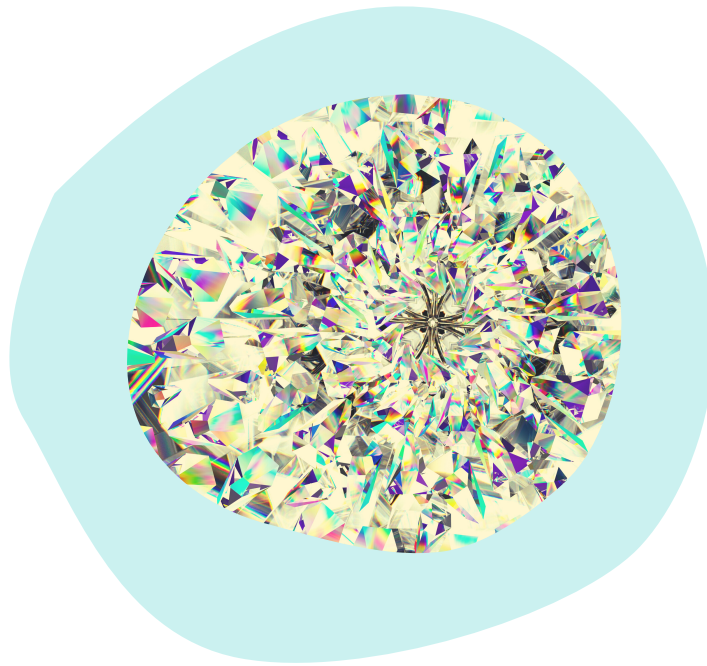


VALUES

Get clear on your why



INSIDE THIS WORKSHEET:

**Create an easy value
statement**
(10 minutes)

Inspiration print out
(1 minute)

CLARITY IN 15 MINUTES

This tool will help you **quickly find your why** so you can infuse it into your creative process.

Get clear on your values to own your practice.

This is a chance to attune to what's important to you right now. All you need is a timer (or just use your phone) and a pen or pencil.

Create your value statement

1. Set your timer for 15 minutes. This is very important, don't skip over this step!
2. Circle any values on the list below that speak to you in the context of your creative practice.

Abundance
Acceptance
Accountability
Action
Adventure
Advocacy
Ambition
Appreciation
Autonomy
Balance
Beauty
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Collaboration
Community
Commitment
Compassion
Confidence
Consistency
Courage
Creativity
Credibility
Curiosity
Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Empowerment
Encouragement
Enthusiasm
Expansiveness

Exploration
Expressiveness
Faith
Flexibility
Friendships
Freedom
Fun
Generosity
Grace
Gratitude
Growth
Happiness
Health
Heart-centered
Honesty
Humility
Humor
Inclusiveness
Innovation
Inspiration
Integrity
Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Magic
Meaning
Mindfulness
Motivate
Nature
Optimism
Open-Mindedness
Passion
Patience
Personal Development
Peace

Play
Power
Preparedness
Proactivity
Purity
Quality
Recognition
Relationships
Reliability
Resilience
Resourcefulness
Responsibility
Responsiveness
Risk-Taking
Sacred
Safety
Selflessness
Serenity
Service
Sensitivity
Simplicity
Sovereignty
Spirituality
Strength
Success
Tenderness
Thoughtful
Tranquility
Trustworthiness
Understanding
Uniqueness
Uplifting
Vibrancy
Vision
Warmth
Well-Being
Wholeness
Wildness
Wisdom
Zeal

4. Group all similar values together (2-4 groups). Use the extra boxes for more room or to rewrite.

Tip: It helps to cross each word off the big list as you add to your smaller grouping.

Example:

Intuition Balance Grace Personal - Dev. Preparedness	Encouragement Inclusiveness Joy Optimism Kindness Friendships Love Warmth	Playfulness Creativity Curiosity Expressiveness Inspiration Uniqueness	Health Learning
--	--	---	--------------------

Your Groupings:

5. Circle one word from each group as it's label.

Example:

Intuition Balance Grace Personal - Dev. Preparedness	Encouragement Inclusiveness Joy Optimism Kindness Friendships Love Warmth	Playfulness Creativity Curiosity Expressiveness Inspiration Uniqueness	Health Learning
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6. Rewrite each label in the center of the page under "Your Statements" on the next page.

Example:

Your statements:

Grace
Love
Curiosity
Health

7. **Quickly** add a verb to each label.

Example:

Dance with <u>Grace</u>
Infuse with <u>Love</u>
Encourage <u>Curiosity</u>
Inspire <u>Health</u>

Inspirational verb bank:

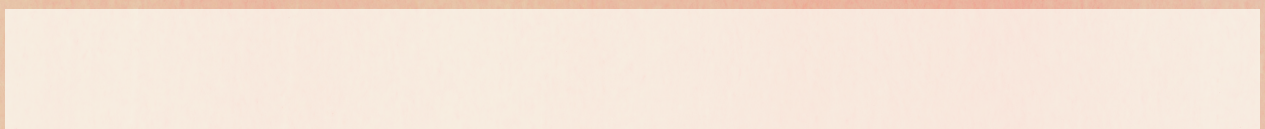
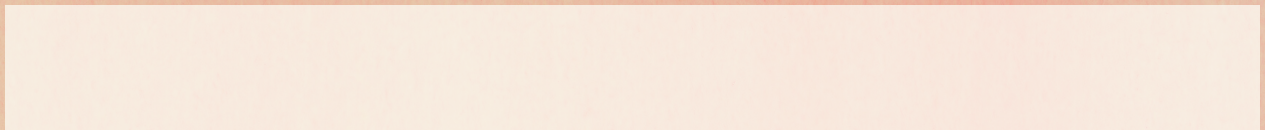
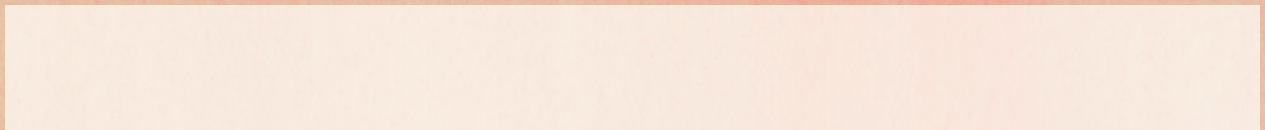
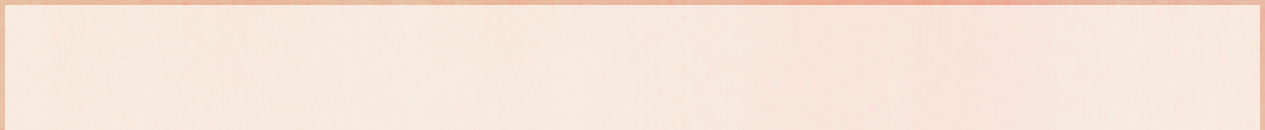
Achieve	Explode	Manifest	Smile
Act	Express	Nourish	Soar
Affirm	Exude	Nurture	Soften
Allow	Flow	Open	Sparkle
Awaken	Free	Overcome	Sprint
Balance	Giggle	Overflow	Stretch
Become	Gleam	Persevere	Suffuse
Believe	Glimmer	Play	Sweeten
Blossom	Glow	Practice	Taste
Buzz	Grow	Process	Thank
Center	Illuminate	Prove	Think
Challenge	Imagine	Reflect	Thrive
Change	Improve	Refresh	Transcend
Charge	Infuse	Relax	Transform
Dance	Inspire	Release	Trust
Delight	Intuit	Renew	Uncover
Dig	Invigorate	Resolve	Understand
Discover	Jump	Respect	Unfold
Earn	Laugh	Respond	Uplift
Embrace	Learn	Reveal	Urge
Emerge	Lead	Revitalize	Use
Empower	Let go	Sanctify	Value
Enjoy	Liberate	Savor	Vibe
Envision	Listen	Shine	View
Encourage	Live	Sing	Wonder

Your statements:

Write your value statements on the next page and put it somewhere you'll see it!

“Living in a way that reflects one's values is not just about what you do, it is also about how you do things.”

— DEBORAH DAY



Pay attention to how your values show up in your practice

Didn't that feel great!

Next step: the Explore worksheet

Sign up for my newsletter to access everything in my resource library plus bonuses. You'll find ALL the worksheets at: www.habitrefresh.com/resources

I'm honored to have been a part of you deepening your creative work. Share pictures/video of you doing your process with #habitrefresh, don't forget to tag my instagram @habitrefresh so I can share it with others for inspiration!

I believe in you, and my heart is bursting with joy to see how your values transform your practice.

Sending love,

Tina



tinavn



@Habitrefresh