



the
CORE VALUE
CLARITY
WORKBOOK

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a workbook from
KENDRA DESIRÉE

Knowing our true core values empowers us to live a life in integrity. We will know we are in integrity when our actions align with our beliefs + values. When our inner world is reflected in our outer world. This workbook will help you to reveal your core values, how they show up in your life, and where they may be out of alignment. This reflection will support you in understanding how to successfully integrate them into your life.

STEP #1

Read through all these values and check or highlight all that are most important to you.

<ul style="list-style-type: none"> • Abundance • Acceptance • Accountability • Accuracy • Achievement • Adaptability • Adventure • Alignment • Ambition • Amusement • Appreciation • Assertiveness • Attentive • Authenticity • Authority • Awareness • Balance • Beauty • Belonging • Boldness • Bravery • Calm • Caring • Capable • Careful • Certainty • Challenge • Charity • Clarity • Clever • Comfort • Commitment • Common sense • Communication • Community • Compassion • Confidence • Connection • Consciousness • Consistency • Contentment • Contribution • Control • Cooperation • Courage • Creativity • Credibility • Curiosity • Decisiveness 	<ul style="list-style-type: none"> • Dedication • Dependability • Depth • Determination • Devotion • Dignity • Discipline • Discovery • Efficiency • Empathy • Empower • Endurance • Energy • Enjoyment • Enthusiasm • Equality • Ethical • Excellence • Experience • Exploration • Expression • Fairness • Family • Faith • Fame • Fearless • Focus • Forgiveness • Freedom • Friendship • Fulfillment • Fun • Generosity • Giving • Grace • Gratitude • Growth • Happiness • Hard work • Harmony • Health • Honesty • Honor • Hope • Humanity • Humility • Humor • Imagination • Independence 	<ul style="list-style-type: none"> • Individuality • Influence • Innovation • Inquisitive • Insightful • Inspiring • Integrity • Intelligence • Intensity • Intention • Intuitive • Justice • Kindness • Knowledge • Leadership • Learning • Logic • Love • Loyalty • Mastery • Mindfulness • Moderation • Motivation • Openness • Optimism • Order • Originality • Passion • Patience • Peace • Performance • Persistence • Playfulness • Poise • Potential • Power • Presence • Productivity • Prosperity • Purpose • Quality • Realistic • Reason • Reciprocity • Recognition • Reflective • Relationship • Resourcefulness • Resilience 	<ul style="list-style-type: none"> • Respect • Responsibility • Results • Risk • Safety • Satisfaction • Security • Selfless • Sensitivity • Serenity • Service • Sharing • Significance • Simplicity • Sincerity • Skill • Solitude • Spirituality • Spontaneous • Stability • Status • Strength • Success • Support • Sustainability • Talent • Teamwork • Thorough • Thoughtful • Tolerance • Toughness • Traditional • Transparency • Trust • Trustworthy • Truth • Understanding • Uniqueness • Unity • Variety • Versatility • Victory • Vision • Vitality • Wealth • Wellness • Welcoming • Wisdom • Wonder
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STEP #2

Write down the values that stood out to you most here in the left column. Now read through them again and decide what 6 values are the most important to you.

<i>All the values I checked</i>	<i>My top 6</i>

STEP #3

Write down what each of these values mean to you and why they are important.

<i>My top 6</i>	<i>What this value means to me + Why it's important</i>



STEP #4

To what extent do your top 6 values show up in your life? Is something holding you back from experiencing this value fully?

<i>Top 6 Values</i>	<i>On a scale from 1-10, how much are you prioritizing this value in your life today?</i>	<i>Do you feel any resistance to living this value at a full 10? Where is it coming from?</i>

STEP #5

Now define your top 3 core values.

	<i>Value</i>	<i>Because</i>
<i>My #1 priority is</i>		
<i>My #2 priority is</i>		
<i>My #3 priority is</i>		



STEP #6

Now that you know your top 3 core values, ask yourself: Does it show in my everyday life that Value (X) is my #1 priority? If not, why is that? How can I infuse this value more in all areas of my life? (Repeat the question with all top 3 core values).

STEP #7

Now that I know my top 3 core values and how I want to infuse them more into my life, what shifts can I make to do so?

STEP #8

Now I invite you to create something that incorporates your top core values. For example: for each core value, create a drawing expressing what that value means to you, write a letter to each value and describe what type of relationship you want to have with it, or write out sticky notes with the values listed. Place it somewhere where you will see it often, to serve as a reminder of your core values and to make decisions that are in alignment with them.



Yay! You did it.
Clarity is yours.

I hope this workbook opened you up to higher levels of perspective and self-awareness.

I hope this lit something up in you.



This is one of *many* things my clients and I explore in our 1:1 time together.

*If you're interested in working with me,
I would love to hear from you.*

Please drop me a line at kendradesiree.s@gmail.com, or book a complimentary discovery call with me [here](#).

I look forward to connecting with you :)

xx, Kendra

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