



INSTITUTE FOR CREATIVE LIVING
FIND YOUR SPARK

VALUES WORKBOOK

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VALUES INTRODUCTION



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This exercise goes hand in hand with the Creative Cure Personal Assessment as it will help you develop clarity about your values and the areas of your life that are not in alignment with what matters to you.

We have found that talk about values is quite common in our culture, but many find it difficult to clearly articulate their personal values. To better understand values, it will be helpful to review the dictionary definition:

VALUES *noun*

plural noun: **values**

1. the regard that something is held to deserve; the importance, worth, or usefulness of something.
2. **a person's principles or standards of behavior; one's judgment of what is important in life.**

When we are young, we exist in extremely suggestible brainwave states that involves very little discernment or judgment. We are immersed in the super learning frequencies of the Delta and Theta brainwaves until about the age of seven or eight. During this time, we absorb the attitudes, beliefs, and feelings of those around us, and these impressions often become deeply rooted long before we know who we are or what we prefer.

Even after age seven, we are still in the Alpha state much of the time until our identities grow firmer in the process of becoming adults. This is also a much more relaxed, suggestible state of mind, so we are often influenced by the attitudes of our peers, teachers, and those of the broader society as we venture further from our early home environments.

This means that it's common to arrive at full adulthood or middle age and feel quite unclear about our own values. Many people report waking up at some point with the distressing feeling that their lives are passing by, and they have been carried along by the currents of life without any sense of their own direction. They have taken on the responsibilities of an education, career paths, families, and adult obligations – and now their lives feel prescribed, or pre-written. They feel obliged to carry out duties, pay bills, and keep going through motions that can seem disconnected from any sense of meaning or purpose.

This course is designed to help you reconnect to your inner creative self and begin realigning your life with values and actions that matter to you.

It is meant to help you find your spark.

VALUES INTRODUCTION

(continued)



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You were born with this vital intelligence and energy. It has never gone out, although for many it can seem buried under so many layers of socialization, traumatic experiences, and unconscious patterns that it might seem very dim or elusive.

As you work through the simple exercises in this worksheet, keep in mind that each of them is designed to help you refine your connection to what truly matters to you – your values.

Use this worksheet along with the Personal Assessment. You are likely to find areas of the Assessment that have remained close to what you love. This process can help you appreciate those areas and yourself with more clarity. As you discover these, allow yourself to feel the warmth of gratitude and pride. This is important as it establishes a benchmark feeling against which you can compare other areas that need realignment. It becomes part of your inner guidance system.

We also recommend that you proceed gently in areas that don't feel so good. When people gain clarity using these methods, it is common to have an impulse to correct everything at once. Many often feel overwhelmed and even more stuck in lives or patterns that have been established for many years. Those who try to change everything quickly will usually find that they feel tremendous conflict between values and can sometimes do real damage to relationships, roles, or things that provide stability such as jobs, homes, and less tangible parts of their psychological framework.

Change is destabilizing in itself; forced, rapid change can be unsustainable and require a lot of energy to repair places that are put under too much strain, too quickly. Be curious. Be gentle with yourself. You're investing time in a process of self-discovery, and it's meant to be empowering as you expand your role as the author and artist of your own life.

With this in mind, please complete the following exercises and use the other practices offered in this course to help you reflect and allow for creative approaches to emerge for the changes you desire.



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EXERCISE INSTRUCTIONS

- Use this worksheet, your journal, notebook, or a document on your computer to record your notes and answers.
- Set aside 20-30 minutes to complete this worksheet as quickly as possible and without overthinking your responses.
- In some cases, you will likely want to spend time later reflecting on areas that stand out.
- Save your notes for later reference!

Our values should (ideally) determine our priorities in life. Life is usually going pretty well, and we feel content and satisfied when the decisions we make match our values and priorities.

However, when our decisions don't align with our values, that's when we start feeling like something's 'wrong' and this can lead to dissatisfaction, frustration and in some instances, even bitterness or resentment.

To avoid this, we must make a real effort to identify what our values actually are.

EXERCISE 1

Reflect on a moment when you felt happy, fulfilled, and proud of yourself. Take some time to describe this moment in detail; identify what elements of this situation led to these feelings of happiness, and pride.



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Write your responses in here, your journal, notebook, or computer document.

1. What were you doing? (Be as specific as possible – recreate the scene.)

2. Were you with other people? With whom?

3. What other factors contributed to your happiness? (For example, “I had plenty of time,” or “I felt seen and acknowledged,” or “I was confident and true to myself.” List as many of these details as possible.)

In the same way that we feel happy and fulfilled when we’re living out our values, we can also experience feelings of regret, sadness, and emptiness when we are not living in alignment with our values.

EXERCISE 2

Take a few moments to remember a time when you felt most regretful.

Describe the details of this situation/memory; what was it specifically that led to these feelings of regret?



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Write your responses in here, your journal, notebook, or computer document.

Feeling frustrated or unfulfilled can often be a sign that our values might be being quashed, perhaps by parts of ourselves or by external situations or other people.

EXERCISE 3

Identify a time when you felt frustrated, unfulfilled, empty or annoyed? Make a note of the particular elements of this situation that led to these feelings of frustration, unfulfillment, and emptiness.



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Write your responses in here, your journal, notebook, or computer document.

There are certain activities that we can find ourselves doing that engross us and cause us to get in the 'flow.' These are usually activities that are challenging, rewarding and when we're doing them, we often lose track of time.

EXERCISE 4

Make a list of any activities where you experience this 'flow'? Be specific about what you enjoy so much about these activities?



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Write your responses in here, your journal, notebook, or computer document.

There are certain people that we come across in life who we find inspiring and embody qualities or live lives that we aspire to.

EXERCISE 5

Think of someone you consider to be an amazing role model or idol. Write down their name and then list as many of their qualities as you can.



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(Example: Elton John. He is a fearless performer. He creates with emotion, imagination, and brilliance. He constantly collaborates with a wide variety of other artists to produce works that inspire, entertain, and move others. He is so comfortable in his own skin and unafraid to be original, outrageous, and flamboyant.)

Write your responses in here, your journal, notebook, or computer document.

When do other people usually turn to you for help? What qualities and gifts do you identify in yourself?

EXERCISE 6

What are my natural gifts and qualities?



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Write your responses in here, your journal, notebook, or computer document.

When do other people usually turn to you for help? What qualities and gifts do you identify in yourself?

EXERCISE 7

Determine your most important values, based on your experiences of inner peace.

Consider why each experience is so memorable and important?



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Use this list of common personal values to help you get started – aim for approximately 10 top values.

(As you work through this exercise, you may find that some of these values naturally combine. For example, if you value generosity, philanthropy, and community, you could say that serving others is one of your top values.)

Write (or circle) your responses here, your journal, notebook, or computer document.

Accountability	Dependability	Hope	Self-Worth
Accuracy	Determination	Humility	Selflessness
Achievement	Devoutness	Identity	Sharing
Adventurousness	Diligence	Increase	Significance
Ambition	Discipline	Independence	Spontaneity
Assertiveness	Discretion	Ingenuity	Stability
Authenticity	Effectiveness	Justice	Teamwork
Authenticity	Efficiency	Leadership	Temperance
Balance	Empathy	Legacy	Thoroughness
Belonging	Enthusiasm	Love	Timeliness
Boldness	Equality	Loyalty	Tolerance
Calmness	Excellence	Obedience	Traditionalism
Carefulness	Excitement	Openness	Trustworthiness
Certainty	Exploration	Practicality	Truth
Challenge	Expressiveness	Professionalism	Truth-seeking
Clear-Mindedness	Fairness	Progress	Understanding
Commitment	Faith	Purpose	Uniqueness
Community	Freedom	Relationships	Unity
Compassion	Generosity	Reliability	Vision
Connection	Giving	Resourcefulness	Vitality
Consistency	Giving	Restraint	
Contentment	Goodness	Security	
Contribution	Growth	Self-Actualization	
Creativity	Hard Work	Self-control	
Decisiveness	Honesty	Self-Improvement	

Note: Although this list of potential values is thorough, it is not necessarily complete. Please feel free to add to the list if required.

EXERCISE 8

Now take a few moments to prioritize your 'top' values.



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This step is usually the most challenging as you'll have to look deep within yourself. However, it's also the most important step, because, when you're faced with a decision, you may have to choose between solutions that will satisfy different values.

This is when it's crucial to know which value is more important to you. Without worrying about the order, make a list of your top 10 values.

Look at the first two values on the list and ask yourself, "If I could only satisfy one of these, which one would I choose?"

Work your way through the list, comparing each value with each of the other values until you have your list in what feels like the correct order.

Write your responses here, your journal, notebook, or computer document.

EXERCISE 9

Reaffirming your values - Now take a few moments to check your top-priority values, and make sure they fit with your life and your vision for yourself.



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1. Do these values you've chosen make you feel good about yourself?
2. Are you proud of your top three values?
3. Would you be comfortable to tell people you respect about your values?
4. Do these values represent things you would support, even if your choice weren't popular, and it puts you in the minority?

When you take into consideration your values in decision making, you can be certain to keep a sense of integrity and what you know is right, while being able to approach decisions with confidence and clarity.

You'll also know that what you're currently doing is motivated by the progress that you want to make in life. It's not always easy to make value-based choices, but it will more than likely make life much easier in the long run.

Write your responses here, your journal, notebook, or computer document.



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KEY UNDERSTANDINGS

- Identifying and taking the time to understand your values is an important and challenging exercise. Your personal values are central to who you are – and who you want to become.
- By becoming more aware of these important factors in your life, you can use them as a guide to make the best choice in any situation. Some of life's decisions are really about determining what you value most.
- When many options seem reasonable, it can be comforting and helpful to rely on your core values, using them as a strong guiding force to point you in the right direction.

"What lies behind us and what lies before us
are tiny matters compared to what lies within
us"

– Ralph Waldo Emerson