



Chapter 1: Discover Your Core Values

Sorting values · Reflections · Tracker · Manifesto · Decision Matrix

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

NUDGE 1.1

Sorting Out Your Values

This is your first step toward building self-awareness: identifying the values that can guide your decisions, uplift your best moments, and create a sense of discomfort when they're absent.

- Scan the lists below. Choose 10 that resonate — check the box. Then mark your top 5 with the yellow star box.
- If you would like to write in a value that is not listed, use the 'Add your own' field at the end of each category.

= Select your top 10

= Star your top 5

1. CHARACTER & SELF-DEVELOPMENT — INNER ALIGNMENT, PERSONAL STRENGTH, AND LIFELONG GROWTH

Authenticity – Speaking and acting with clarity, anchored in who you are.

Courage – Acting with heart in the face of fear, risk, or uncertainty.

Discipline – Following through, staying focused, and keeping commitments.

Faith – Trusting in a higher power, personal belief, or guiding principle.

Health – Caring for your body and mind with intention.

Integrity – Upholding what's right, even when no one's watching.

Joy – Feeling a sense of aliveness, connection, and inner lightness.

Openness – Staying receptive to new perspectives, feedback, and personal insight.

Wisdom – Applying life lessons to your choices and perspective.

Hope – Believing in the possibility of good things, even in hard times.

ADD A VALUE NOT LISTED (CATEGORY 1):

2. INTERPERSONAL BONDS — HOW WE CARE FOR, SHOW UP WITH, AND RELATE TO OTHERS

Belonging – Feeling safe, understood, and at home in a group you identify with.

Compassion – Caring deeply about others' well-being.

Connection – Feeling emotionally close, understood, or meaningfully bonded.

Empowerment – Owning your agency and voice and helping others do the same.

Loved Ones – Nurturing close bonds that offer love, loyalty, and support.

Kindness – Acting with thoughtfulness, care, and goodwill.

Presence – Showing up fully at the moment, with attention and intention.

Respect – Valuing others through words, actions, and consideration.

Transparency – Being open about your intentions, decisions, or impact.

Civic Engagement – Contributing to public life and community well-being.

ADD A VALUE NOT LISTED (CATEGORY 2):

3. EXPLORATION & CREATIVE ENERGY — DISCOVERY, VOICE, CURIOSITY, IMAGINATION, AND VITALITY

Adventure – Seeking spontaneity and welcoming new experiences.

Beauty – Finding inspiration in nature, design, or moments of harmony.

Curiosity – Seeking to learn, question, and explore with openness.

Learning – Gaining insight, knowledge, or skill through experience.

Humor – Finding levity, sharing laughter, and not taking life too seriously.

Expression – Sharing your inner world through language, art, or music.

Play – Engaging in activity with freedom, joy, and a spirit of exploration.

Vitality – Prioritizing energy, movement, and physical engagement.

Inventiveness – Embracing new ideas and trying them in practice.

Resourcefulness – Solving problems creatively and using what you have wisely.

ADD A VALUE NOT LISTED (CATEGORY 3):

4. ACTION & ACHIEVEMENT — PURPOSEFUL DOING, PROGRESS, AND CONTRIBUTION

Accountability – Taking ownership of your actions, choices, and commitments.

Challenge – Pushing yourself in service of growth, mastery, or meaning.

Contribution – Using your time or talents to make a positive impact.

Drive – Motivated to pursue meaningful goals with focus and determination.

Efficiency – Getting things done in a smart, streamlined way.

Excellence – Striving to do your best and elevate your performance.

Influence – Shaping outcomes, persuading, or inspiring those around you.

Legacy – Leaving something behind that matters.

Simplicity – Choosing what's most valuable and letting go of the rest.

Contentment – Appreciating what you have and feeling at ease with enough.

ADD A VALUE NOT LISTED (CATEGORY 4):

5. STABILITY & SOCIAL GOOD — ROOTEDNESS, FAIRNESS, WELL-BEING, AND CARE FOR SYSTEMS

Harmony – Sustainably managing your energy and priorities.

Calm – Grounding yourself in peace, clarity, and emotional steadiness.

Flexibility – Adapting to change while staying grounded.

Freedom – Choosing your path and the ability to maneuver around obstacles.

Gratitude – Appreciating life, others, or the present moment.

Justice – Standing up for fairness, equity, or what's right.

Order – Creating structure, predictability, and calm.

Resilience – Recovering with strength, grace, and learning after setbacks.

Rest – Valuing stillness, recovery, and time to recharge.

Stewardship – Caring for people, resources, or the planet with responsibility.

ADD A VALUE NOT LISTED (CATEGORY 5):

MY TOP 5 STARRED VALUES:

ADDITIONAL REMARKS:

NOTE 1.1

A Values Mirror

Take a moment to consider how your core values have or haven't been reflected in your recent choices. Are they guiding your actions? Or have they been sitting quietly on the sidelines? If that reflection stings a bit, that's okay. Sometimes, the mirror moment is the win. Awareness is what opens the door to change. Jot down a few thoughts in a way that feels natural — a sentence, a list, a quick note on your phone. It all counts.

- Try to be specific about what felt authentic, vibrant, dismissive, or neglected in these moments.

WHERE HAVE I FELT MOST LIKE MYSELF LATELY?

WHICH VALUES WERE BEING HONORED IN THAT MOMENT?

WHERE HAVE I FELT DRAINED, RESENTFUL, OR OUT OF SORTS?

WHICH VALUES MIGHT HAVE BEEN OVERLOOKED?

MID-CHAPTER GOOD LIFE LAB

Living in Alignment: One-Week Values Tracker

This brief practice guides you from reflection to small, repeatable actions, helping you build clarity and confidence over the course of a single week. Small choices add up — this helps you identify patterns, notice gaps, and build momentum toward a more congruent life.

DAY	ACTION YOU TOOK THAT ALIGNED WITH A VALUE	WHICH VALUE DID IT REFLECT?	ONE-WORD REFLECTION
D1			
D2			
D3			

D4			
D5			
D6			
D7			

NUDGE 1.3

Quick Inventory of Life Moments

Write down 3 moments from your life that left a strong impression on you. These could be joyful, painful, transformational, or just plain weird. Keep it brief: 1 sentence per moment. Then, jot down one value that might have been present, or noticeably missing, in each moment.

Examples:

"Moved to a new city without knowing anyone → Courage"

"Stayed late to help a coworker with an impossible deadline → Support / Generosity"

"Ended a long friendship that consistently felt one-sided → Respect"

"Got passed over for a promotion I worked hard for → Recognition / Fairness"

"In my thirties, I finally stood up to my parents' expectations → Assertiveness / Identity"

MOMENT 1

VALUE PRESENT / MISSING

MOMENT 2

VALUE PRESENT / MISSING

MOMENT 3

VALUE PRESENT / MISSING

NOTE 1.3**Moment Into Meaning**

Pick one of the moments you listed and write about it in more depth. You can explore this with curiosity, compassion, or even humor. Listen for what it taught you.

WHAT WAS HAPPENING?

WHAT WAS AT STAKE?

WHAT INFLUENCED YOUR CHOICES?

WHAT VALUE SHOWED UP OR SHOULD HAVE?

WHAT DID YOU WALK AWAY VALUING MORE OR LESS?

ADDITIONAL REMARKS (OPTIONAL):

NUDGE 1.4**Personal Values Statement**

A values statement defines what's most important to you and how those priorities should guide your everyday life. It's personal, portable, and can be revisited whenever you feel off track. Use the template below to start your first draft.

- The values that feel most important to me right now are ____ (identify up to 5).
- My values shape how I move through the world. When I live in alignment with them, I feel more like myself.
- They remind me of who I am at my best and help me return to what matters, especially when I feel [a common challenge or distraction].

MY TOP 3–5 VALUES (REFER TO 1.1 OR 1.3 IF STUCK):

3 WORDS THAT DESCRIBE HOW I FEEL WHEN ALIGNED (E.G., STEADY, CENTERED, CLEAR):

A COMMON CHALLENGE OR DISTRACTION (E.G., OVERWHELMED, DISCONNECTED, UNSURE):

MY FULL PERSONAL VALUES STATEMENT (IN YOUR OWN VOICE):

NOTE 1.4**Say It Like You Mean It**

Pick one of your core values and write a mini-speech or personal declaration about why it matters and how you're committed to honoring it. It can be serious or playful, bold or quiet.

- "I believe in ___ because..."
- "When I'm at my best, ___ shows up in how I..."
- "From this day on, I want ___ to guide how I..."

Examples:

Playful (Joy): "I believe in joy because life is too short to save your good socks for 'someday.'"

Pragmatic (Integrity): "From this day on, I want integrity to guide how I make hard decisions."

THE VALUE I'M DECLARING:

MY DECLARATION:

GOOD LIFE LAB**Your Values Mini-Manifesto**

You've done the groundwork. Now assemble what you've discovered into something more lasting: your Values Manifesto — a personal guide you can return to when you're stuck, stressed, or want to re-center. Choose one of these two options (or try both over time).

OPTION A: THE WRITTEN MANIFESTO

A short, clear document combining your top 3–5 values, how they influence your life, and grounding statements that keep you honest when things get noisy.

MY CORE VALUES (TOP 3–5, E.G., CONNECTION, CREATIVITY, SIMPLICITY, GROWTH, INTEGRITY):

WHY THEY MATTER — 1-2 SENTENCES PER VALUE:

HOW I WANT TO LIVE — WHAT THESE VALUES LOOK LIKE DAILY:

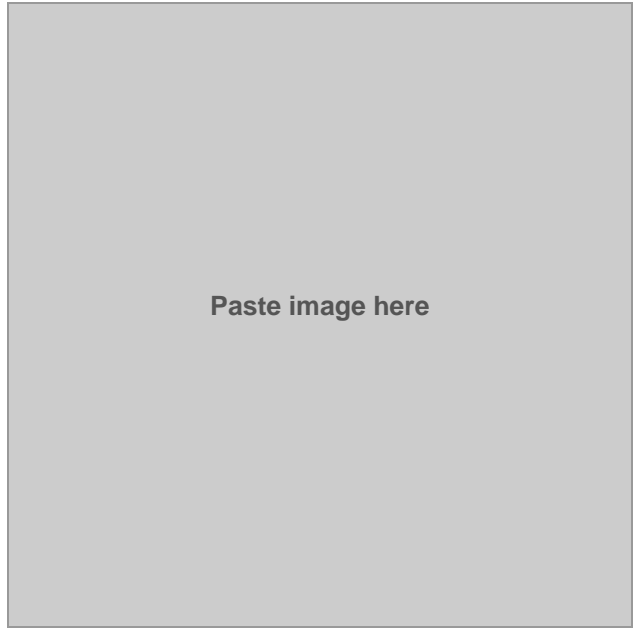
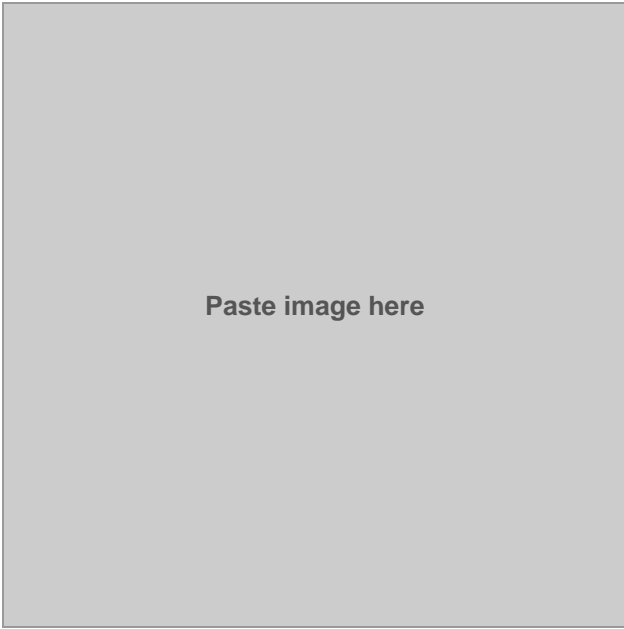
ANCHORS OR AFFIRMATIONS — A QUOTE, MANTRA, OR SENTENCE THAT HELPS YOU RETURN TO YOURSELF:

OPTION B: THE VISUAL MANIFESTO

Design a visual representation of your values. For each of your top 5 core values, choose an image. Add decision cues and affirmations. Place it somewhere you'll see it often: desk, journal, etc.

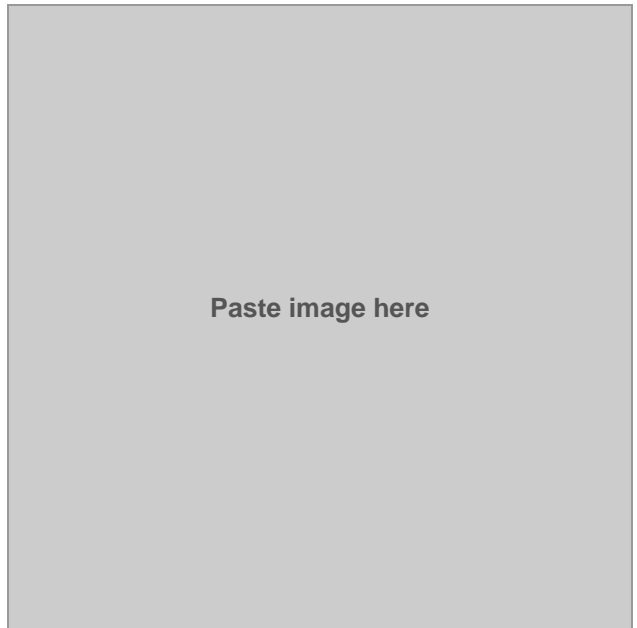
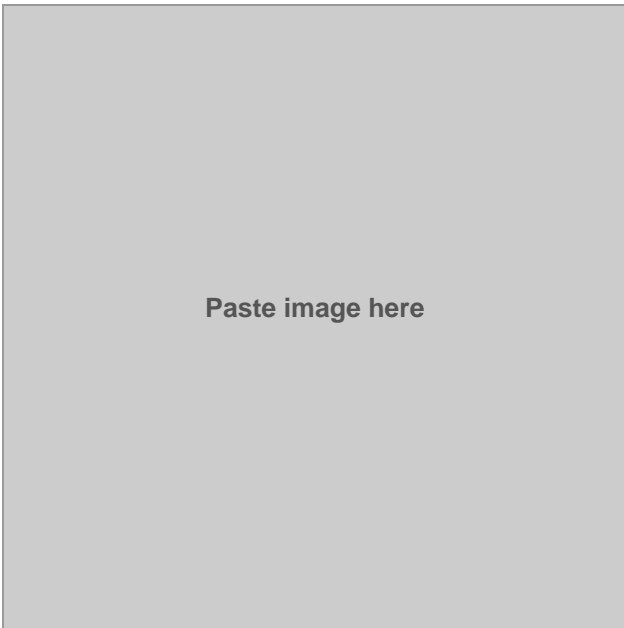
CORE VALUE 1

VALUE 1 NAME:



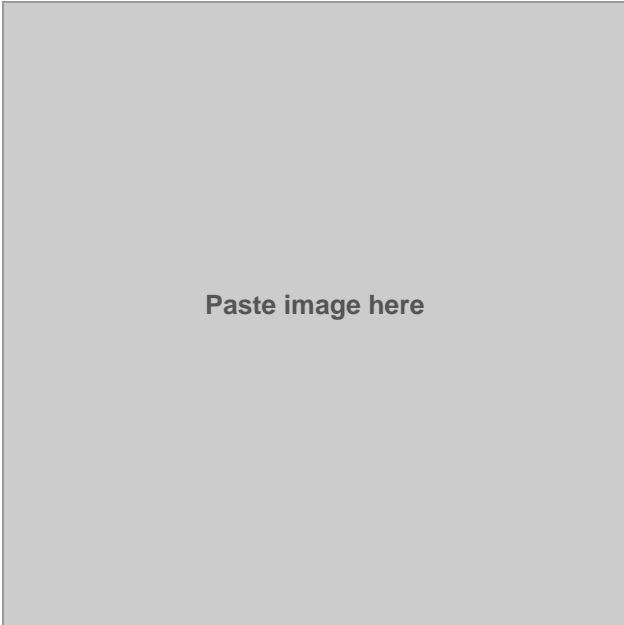
CORE VALUE 2

VALUE 2 NAME:



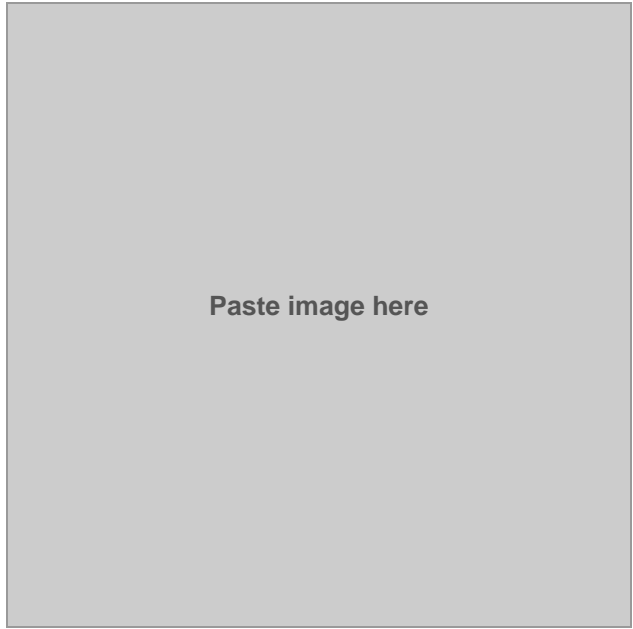
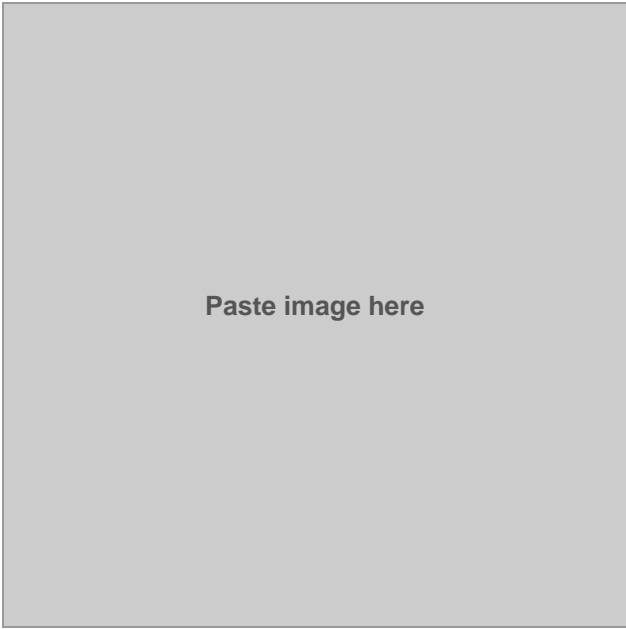
CORE VALUE 3

VALUE 3 NAME:



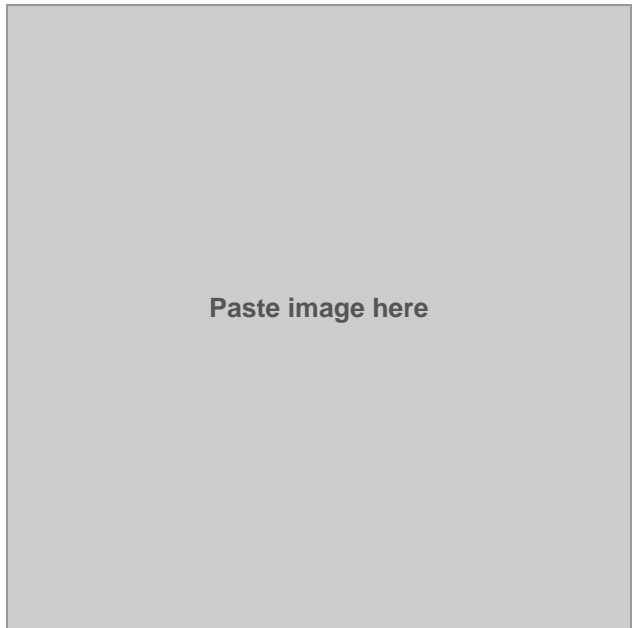
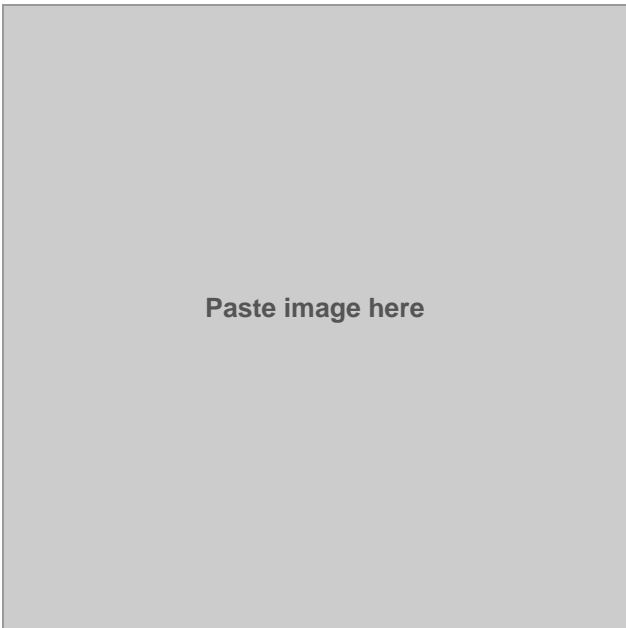
CORE VALUE 4

VALUE 4 NAME:



CORE VALUE 5

VALUE 5 NAME:



DECISION CUES — WHAT I WANT TO SAY YES / NO TO (E.G., 'YES TO SPACE. NO TO OVER-SCHEDULING.')

AFFIRMATIONS OR PHRASES IN MY VOICE:

WHERE I'LL PLACE MY VISUAL MANIFESTO:

PART 2: VALUES-BASED DECISION MATRIX

For each of 3 weeks, choose one real decision you're facing — something current, specific, and meaningful enough to work through. Walk it through the decision matrix to clarify trade-offs and find alignment. The goal is to practice noticing what matters and making choices accordingly.

WEEK 1 — DECISION I'M FACING:

DAY	CORE VALUE	HONORS THE VALUE? (YES/NO/SOMEWHAT)	NOTES, TRADE-OFFS, IDEAS
D1			
D2			
D3			
D4			

WEEK 1 — VALUES-BASED SOLUTION 1 (LABEL + DESCRIPTION, E.G., 'PROTECT THE EDGES'):

WEEK 1 — VALUES-BASED SOLUTION 2 (ALTERNATIVE APPROACH THAT STILL HONORS VALUES):

WEEK 1 — REFLECTION: WHICH OPTION FEELS MORE ALIGNED? ONE SMALL ACTION THIS WEEK?

WEEK 2 — DECISION I'M FACING:

DAY	CORE VALUE	HONORS THE VALUE? (YES/NO/SOMEWHAT) NOTES, TRADE-OFFS, IDEAS	
D1			
D2			
D3			
D4			

WEEK 2 — VALUES-BASED SOLUTION 1 (LABEL + DESCRIPTION, E.G., 'PROTECT THE EDGES'):

WEEK 2 — VALUES-BASED SOLUTION 2 (ALTERNATIVE APPROACH THAT STILL HONORS VALUES):

WEEK 2 — REFLECTION: WHICH OPTION FEELS MORE ALIGNED? ONE SMALL ACTION THIS WEEK?

WEEK 3 — DECISION I'M FACING:

DAY	CORE VALUE	HONORS THE VALUE? (YES/NO/SOMEWHAT) NOTES, TRADE-OFFS, IDEAS	
D1			
D2			
D3			
D4			

WEEK 3 — VALUES-BASED SOLUTION 1 (LABEL + DESCRIPTION, E.G., 'PROTECT THE EDGES'):

WEEK 3 — VALUES-BASED SOLUTION 2 (ALTERNATIVE APPROACH THAT STILL HONORS VALUES):

WEEK 3 — REFLECTION: WHICH OPTION FEELS MORE ALIGNED? ONE SMALL ACTION THIS WEEK?