



WHAT MAKES YOU LOVABLE, LIKED, & ADORED?

BY: AMANDA BEILKE

VALUES ARE THE FRAMEWORK OF WHO YOU ARE AS A PERSON. THEY ARE THE SINGLE MOST IMPORTANT ASPECT OF UNDERSTANDING YOU AND WHAT MAKES YOU ACT THE WAY YOU DO AND FEEL THE WAY YOU DO. THEY GUIDE YOUR DECISIONS EVERY MINUTE OF YOUR LIFE AND THEY ARE THE DRIVING FORCE BEHIND WHAT YOU WANT IN LIFE AND WHAT YOUR PURPOSE IS IN LIFE.

DO YOU WANT TO HAVE A CRYSTAL CLEAR VIEW OF WHAT YOUR VALUES ARE? DO YOU WANT TO BE CONFIDENT IN WHO YOU ARE AND WHAT MAKES YOU UNIQUELY YOU? YOU HAVE SOMETHING SPECIAL THAT ONLY **YOU** CAN GIVE OUT TO THE WORLD! KEEP READING AND WE'LL GET ON DOWN TO IT.

FIRST! GET YOURSELF IN A COMFORTABLE SPACE CLEAR OF ANY DISTRACTIONS. THAT MEANS TV OFF (NO BACHELOR EPISODES RUNNING IN THE BACKGROUND), PREFERABLY NO ONE ELSE IN THE ROOM, TURN OFF ALL PHONE NOTIFICATIONS FOR THAT NEXT INSTAGRAM LIKE OR FACEBOOK POST, AND GRAB A PEN AND YOUR PRETTY LITTLE JOURNAL OR THIS PRINTED WORKSHEET AND MAKE YOURSELF COMFORTABLE.

VALUES EXERCISE:

CLOSE YOUR EYES, TAKE IN A DEEP BREATH, AND THINK ABOUT A PEAK MOMENT IN YOUR LIFE WITHIN THE LAST 10 YEARS THAT WAS ESPECIALLY IMPORTANT & REWARDING TO YOU. WHAT WAS THAT MOMENT? DESCRIBE IT BELOW, FEEL IT, AND TAKE A FEW MINUTES TO RELIVE THAT SPECIAL EVENT. (TAKE AT LEAST 3-4 MINUTES TO THINK ABOUT THIS BEFORE WRITING ANYTHING DOWN.)

NOW ANSWER THE FOLLOWING:

WHAT WAS THE EVENT? WHAT HAPPENED? WHO WAS THERE?

HOW DID YOU FEEL DURING THE EVENT WHEN IT WAS HAPPENING?



HOW DID YOU FEEL AFTER THE EVENT WAS OVER?

WHAT WORDS COME TO MIND AS YOU THINK BACK TO THIS MOMENT? LIST ANY AND ALL WORDS THAT POP IN YOUR MIND.

WHO WAS THERE FOR THAT MOMENT OR WHO DO YOU WISH COULD HAVE BEEN THERE TO SHARE THE EXPERIENCE WITH YOU BUT WASN'T. WHY WAS IT IMPORTANT TO HAVE THAT PERSON(S) THERE?

REVIEW THE LIST ABOVE FROM YOUR ANSWERS. WHAT VALUES DO YOU NOTICE? WHAT IS AT THE HEART OF ALL OF THESE QUESTIONS WHEN YOU PULL BACK ALL THE LAYERS? LIST YOUR CORE VALUES BELOW & WHY YOU BELIEVE THESE ARE YOUR VALUES. (THE WHY IS SO IMPORTANT TO WRITE OUT HERE. YOU DON'T WANT TO SKIP THIS PART. TRUST ME.)

BONUS QUESTIONS: STILL HAVING DIFFICULTIES DEFINING YOUR CORE VALUES? REVIEW THESE TWO QUESTIONS BELOW AND ANSWER THEM.

- ❖ WHAT THINGS, IF THEY WERE TAKEN AWAY OR YOU COULDN'T DO THEM, WOULD MAKE LIFE UNBEARABLE? WHAT MAKES THESE THINGS VALUABLE TO YOU?

- ❖ WHAT ARE YOUR SOAP BOX ISSUES OR DEEP CONCERNS? WHY?



HOW ARE YOU FEELING? WERE YOU ABLE TO NARROW IN ON WHO YOU ARE AND WHAT YOU STAND FOR? I HOPE YOU WERE ABLE TO SHOUT OUT A BIG LOUD YES TO THAT QUESTION! MAYBE THIS WORK REALLY EXCITES YOU AND YOU WANT TO DIG DEEPER INTO YOUR VALUES, WHO YOU ARE, AND WHAT IN THE WORLD YOU SHOULD DO WITH YOUR LIFE? I WOULD LOVE TO WORK WITH YOU ON THIS! I AM A PROFESSIONALLY TRAINED LIFE DESIGN COACH AND YOU CAN LEARN MORE ABOUT HOW YOU CAN WORK WITH ME 1 ON 1 AT WWW.AMANDABEILKE.COM OR EMAIL ME DIRECTLY AT HELLO@AMANDABEILKE.COM

Hugs & Mochas,

Amanda

ABOUT AMANDA



Amanda Beilke is a Performance & Life Design Coach. She coaches ambitious women in helping them identify their core values and purpose, in order to align those with meaningful work in a fantastic career so that they can feel authentic, confident, empowered, and full of joy in how they are living their lives.



CORE DESIRED VALUES – WORD CHOICE

TAKE A LOOK AT THE LIST BELOW OF DESCRIPTIVE WORDS. YOU CAN USE THESE TO BRAINSTORM AND CREATE VALUES STATEMENTS FOR YOU AND YOUR LIFE FROM EACH ONE OF THEM. FEEL FREE TO USE OTHER VALUES YOU CAME UP WITH IN THE FIRST EXERCISE AS WELL.

THINK ABOUT:

- ❖ WHICH WORDS REPRESENT WHAT YOU CARE ABOUT MOST OR THE IDEAS YOU LIVE BY?

- ❖ PICK OUT 5-10 WORDS FROM THE LIST BELOW THAT DESCRIBE WHAT IS MOST IMPORTANT TO YOU IN ALL THE DIFFERENT AREAS OF YOUR LIFE. (EXAMPLE: FAMILY, WORK, HEALTH, FINANCE, SOCIAL, SPIRITUAL)

Integrity	Honesty	Genuineness	Authenticity
Freedom	Exploration	Creativity	Artistic
Spontaneity	Accountability	Loyalty	Sincerity
Strength	Character	Flexibility	Knowledge
Meaning	Influence	Truth	Passion
Seeing the World	Follow-Through	Legacy	Family
Friends	Marriage	Heritage	Responsibility
Security	Harmony	Diversity	Travel
Change	Movement	Caring	Opportunity
Challenge	Inspire	Enthusiasm	Optimistic
Peace	Home	Thoughtfulness	Passion
Pure	Practicality	Love	Faith
Romance	Renewal	Meditation	Relationship
Team	Community	Being Known	Commitment
Communication	Compassion	Futuristic	Emotions
Conversation	Generosity	Humor	Reflection
Hospitality	Changing the World	Making a difference	Volunteering
Success	Accomplishment	Curiosity	Recognition
Focus	Purpose	Leadership	Nature
Outdoors	Sharing	Career Progress	Appreciation
Beauty	Approachability	Balance	Comfort
Control	Consistency	Delight	Devotion
Discovery	Eagerness	Empathy	Education
Efficiency	Energy	Joy	Growth
Happiness	Harmony	Kindness	Persistence