



PRINTABLE

WORKBOOK

ABOUT VBL

WELCOME TO THE COURSE

Values Based Living (VBL) is a training and coaching company based in Canada with a team of trainers and coaches with a background in conflict resolution, adult education and coaching.

Our team:

HI! I am Coreen, the Creator behind the Values Based Living approach. I have been living, teaching and coaching the Values Based Living skillset, mindset and step-by-step processes to clients since 2008.

In 2019, I reached out to Ali Ansell to join me in creating an online training program that will reach far more people than what each of us could ever do alone!

Together, we founded the Values Based Living training program that you see today. You are about to embark on the first of five courses designed to take you through the processes of designing a life you value.

We are so excited that you are here

And we look forward to getting to know you on your VBL journey!

VALUES BASED LIVING

5 COURSE SERIES

WORKSHOP 01: KNOW YOUR VALUES

WORKSHOP 02: VALUES BASED ASSERTIVENESS

WORKSHOP 03: VALUES BASED DECISION MAKING

WORKSHOP 04: VALUES RESET

WORKSHOP 05: EXPLORING SHADOW VALUES



WORKSHOP Curriculum

WHAT TO EXPECT TODAY

STEP 1

6 Life Areas

our values

Noticing the connection between important life events and your values.

STEP 2

Top Values Identification
Creating a list of your top values

STEP 3

Satisfied and Frustrated Values
Examining the connection between our emotions and

INTENTIONS

STEP #1: Getting present with gratitude: Take a deep breath and write down two things in each category that you feel grateful for and appreciate about your life.



2 THINGS I APPRECIATE ABOUT MYSELF

2 THINGS IN MY HERE-AND-NOW

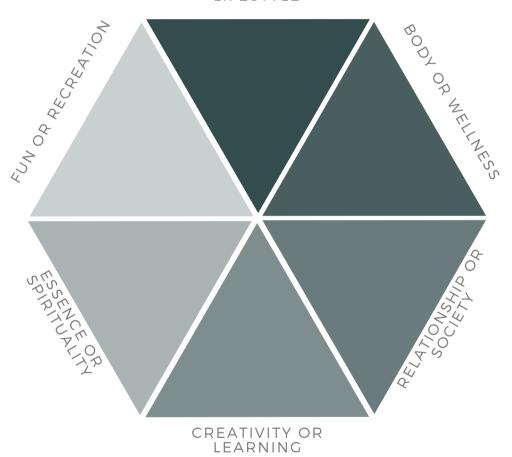


6 LIFE AREAS:

CATEGORIES OF A VALUES BASED LIFE

STEP #3: In imagining a values based life, there are six areas or categories that are helpful to consider.

LIVELIHOOD OR LIFESTYLE



6 LIFE AREAS

In creating a life you value, you will want to understand your values in relation to the 6 life buckets or categories.

QUESTION #1: What is a memorable life event or exciting event that has happened over the past year in each of the following categories? If you can't think of anything, record why that may be. Later you will add the values associated with each life area.

Livelihood or Lifestyle	Body or Wellness
Value(s):	Value(s):
Relationship or Society	Creativity or Learning
Value(s):	Value(s):
Essence or Spirituality	Fun or Recreation
Value(s):	Value(s):
Notes or Reflection:	

MY TOP Values

Value #1	Value #2
Description:	Description:
Value #3	Value #4
Description:	Description:
Value #5	Value #6
Description:	Description:

SATISFIED VALUES

QUESTION #1: Think about a time when each of your values were SATISFIED. Describe your thoughts, emotions and physical reactions.

Value #2
Value #4
Value #6

FRUSTRATED VALUES

QUESTION #2: Think about a time when each of your values were FRUSTRATED (ignored or challenged). Describe your thoughts, emotions and physical reactions.

Value #1	Value #2
Value #3	Value #4
Value #5	Value #6
Notes or Reflection:	

WORKSHOP Review

WHAT WE COVERED TODAY

STEP 1

6 Life Areas

Noticing the connection to important life events and your values.

STEP 2

Top Value Identification

Creating a list of your top values

STEP 3

Satisfied and Frustrated Values

Examining the connection between our emotions and our values

"When you think about quitting, think about why you started in the first place."

WORKSHOP Reflections

QUESTION #1: What is one commitment you can make today to live a life you value?

QUESTION #2: Life gets in the way sometimes. List 1-2 things that could become barriers to living your values? What are some ways you could overcome those barriers?

THINGS THAT GET IN THE WAY:	KICK THOSE TO THE CURB!

Resources

- VBL WORKSHOP EXPANSION COACHING
 TWO COACHING CALLS TO DEEPEN AND EXPLORE THE
 CONCEPTS OF WORKSHOP 01
 www.values-basedliving.com/coaching
- STAY IN TOUCH

 SIGN UP FOR OUR VBL NEWSLETTER

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 FOLLOW US ON LINKEDIN AND INSTAGRAM

 @VALUES_BASEDLIVING

 www.values-basedliving.com
- REACH OUT
 CONNECT WITH US
 WE WANT TO HEAR YOUR STORIES!
 www.values-basedliving.com/contactus



VALUES Inventory

Acceptance	Confidence	Experience	Inspiring
Accuracy	Consciousness	Exploration	Integrity
Achievement	Consistency	Expressive	Intelligence
Accomplishment	Contentment		Intuition
Accountability	Contribution	Fairness	Irreverence
Adaptability	Control	Fame	
Altruism	Conviction	Family	Joy
Ambition	Cooperation	Fearlessness	Justice
Amusement	Courage	Fidelity	
Assertiveness	Courtesy	Focus	Kindness
Attentiveness	Creativity	Freedom	Knowledge
Awareness	Credibility	Friendship	
	Curiosity	Fun	Lawful
Balance			Leadership
Beauty	Decisiveness	Generosity	Learning
Belonging	Dedication	Goodness	Liberty
Boldness	Dependability	Grace	Logic
Bravery	Determination	Gratitude	Love
	Development	Growth	Loyalty
Calm	Devotion		
Candor	Dignity	Happiness	Maturity
Capability	Discipline	Hard work	Mastery
Caution	Discovery	Harmony	Meaning
Certainty	Drive	Health	Moderation
Challenge		Honesty	Motivation
Charity	Economy	Honor	
Clarity	Effectiveness	Hope	Optimism
Cleanliness	Efficiency	Humility	Openness
Cleverness	Empathy		Order
Comfort	Empower	Imagination	Organization
Commitment	Endurance	Improvement	Originality
Common sense	Enjoyment	Independence	
Communication	Energy	Individuality	Passion
Community	Enthusiasm	Influence	Peace
Compassion	Equality	Innovation	Persistence
Competence	Ethical	Inquisitive	Playfulness
Connection	Excellence	Insightful	Potential

VALUES Inventory

Power Presence Productivity Professionalism Prosperity

Realistic
Reason
Recognition
Recreation
Reflection
Respect
Responsibility
Restraint
Results-oriented
Reverence
Rigor
Risk

Security Selfless Self-reliance Sensitivity Serenity Service Sharing Silence Simplicity Sincerity Skill Status Smart Solitude Spirituality Spontaneity Stability Stewardship Strength Structure Success

Sustainability

Talent
Teamwork
Temperance
Thoughtful
Thorough
Timeliness
Tolerance
Toughness
Transparency
Trust
Trustworthy
Truth

Understanding Uniqueness Unity Victory Vision Vitality

Wealth Winning Wisdom Wonder

