

Workshop 02

VALUES BASED EXPRESSION

PRINTABLE
WORKBOOK



VALUES BASED LIVING



VALUES BASED LIVING

INTRODUCTIONS

WELCOME TO THE COURSE

Values-Based Living (VBL) is a training and coaching company based in Calgary and Edmonton 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 and Allison Mostowich 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 training program that you see today. You are about to embark on the second of the series of five workshops designed to take you through the processes of designing a life you value.

We are so excited that you are here!

And now we want to know a little more about YOU!

Introductions: Share your name and your intention to learn today.

VALUES BASED LIVING

5 WORKSHOP SERIES



WORKSHOP 01: KNOW YOUR VALUES



WORKSHOP 02: VALUES BASED EXPRESSION



WORKSHOP 03: VALUES BASED DECISION MAKING



WORKSHOP 04: VALUES BASED SUCCESS CRITERIA



WORKSHOP 05: VALUES BASED GOALS AND ACTION



WORKSHOP *Curriculum*

WHAT TO EXPECT TODAY

STEP 1

Assertive Values

Know why you need to communicate your values

STEP 2

Assertive Communication

Creating assertive statements for your values

STEP 3

Values Based Expectations

Creating standards and boundaries that are rooted in your values



INTENTIONS

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

2 THINGS I AM GRATEFUL FOR

2 THINGS I TAKE FOR GRANTED

2 THINGS I APPRECIATE ABOUT MYSELF

2 THINGS IN MY HERE-AND-NOW



VBL ASSERTIVE COMMUNICATION FORMULA ©



The graphic features a light pink background with a circular logo containing a bold 'V' in the top right corner. The title 'Values Based Living Assertive Communication: Formula' is centered in a bold, dark font. Below the title, three white brushstroke-style boxes are stacked vertically, containing the text 'SELF-KNOWLEDGE', '+', 'YOUR VALUES', '+', and 'ASSERTIVE SKILLS' respectively. At the bottom center, the copyright notice '© VALUES-BASEDLIVING.CA' is displayed. In the bottom right corner, there are two dark, diagonal brushstroke lines.

V

**Values Based Living
Assertive Communication:
Formula**

SELF-KNOWLEDGE

+

YOUR VALUES

+

ASSERTIVE SKILLS

© VALUES-BASEDLIVING.CA



MY TOP VALUES

Fill in your top values

Choose a value and briefly describe a time when this value have been frustrated because you DIDN'T advocate for them to be met. Choose another value and briefly describe when you HAVE met this value by advocating for them to be met.

Value #1 _____

Value #2 _____

Value #3 _____

Value #4 _____

Value #5 _____

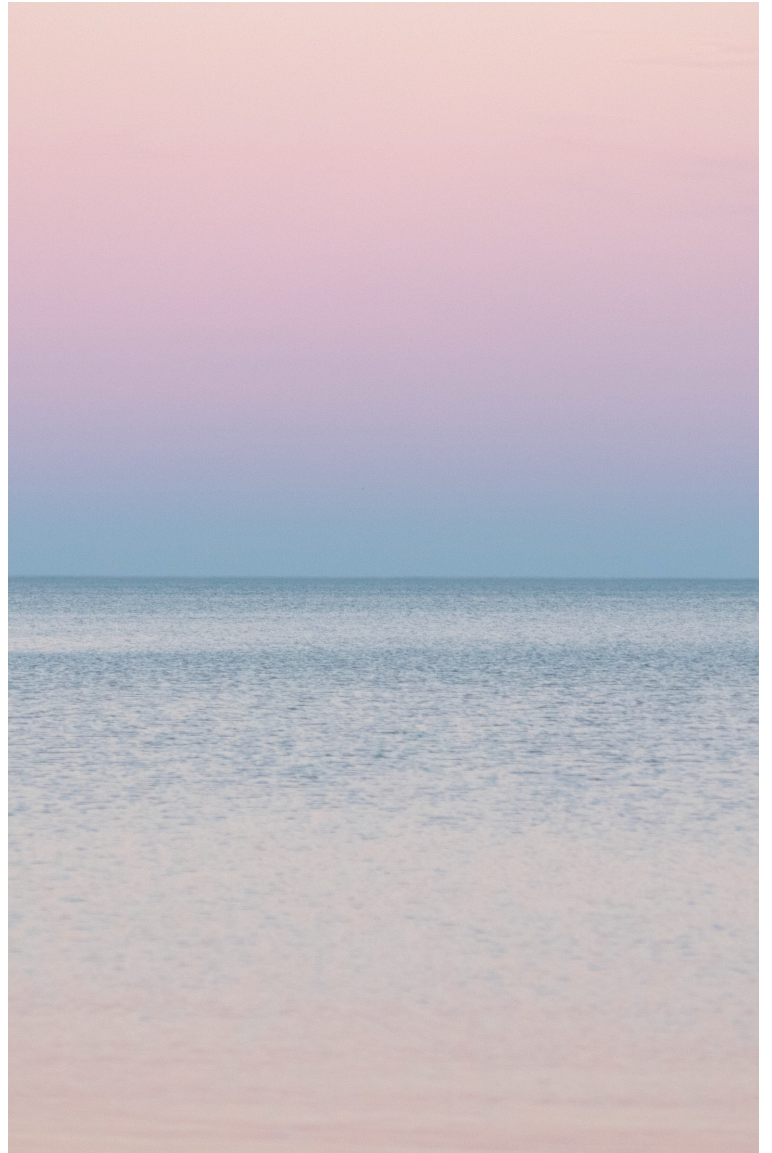
Value #6 _____

INTEGRITY

When I am in integrity with my values I will:

- Speak my truth about my values
- Walk my talk
- Not betray myself
- Clearly communicate my values
- Take responsibility for my life
- Not stay uncomfortable in order to make people around me more comfortable

Living in Integrity with my values also means that I won't force another person to be uncomfortable to please me or satisfy my values. I acknowledge that they have their own values to meet and pursue.



COMMUNICATION STYLES

COMMUNICATION STYLE

APPROACH

CONSEQUENCE

EGO RESPONSE

PASSIVE

Giving up on my values being met

My values are not satisfied

My ego is wounded because you didn't care about me

PASSIVE AGGRESSIVE

Giving negative consequences when my uncommunicated values are not met

Both of our values are not satisfied

My ego is hurt because you didn't care about me and I am going to hurt your ego

ASSERTIVE

Advocating for my values while leaving safe space for you to stand up for your values

Both of our values are shared and met in some way

No one's ego is hurt (ego is not present)

AGGRESSIVE

Verbally attacking others to ensure my values are met

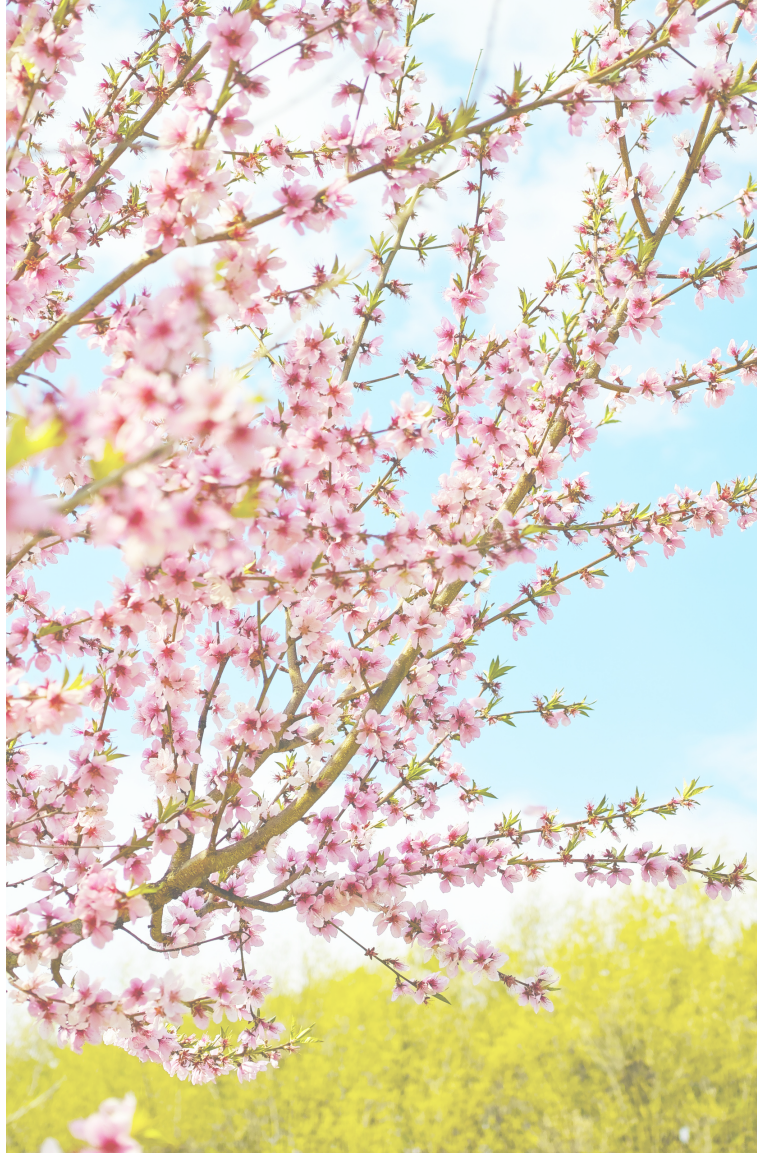
My values are met at the expense of your values

My ego is satisfied because you capitulated to my needs

ASSERTIVE MINDSET

I know I have an assertive mindset when I:

- Take responsibility for my thoughts and action.
- Do not create defensiveness in others.
- Clearly share my values so they are known
- Ask others for their values, ideas, perspectives and hold them equally important alongside my own
- Focus on the problem and not the people





ASSERTIVE STATEMENTS

Assertive Statement Practice

EXAMPLE: Because I value TRANSPARENCY, I need to know that I'm getting the whole picture.

EXAMPLE: Because I value spontaneity, it's important to me that not everything is scheduled in our weekend.

YOUR TURN: Choose three of your top values and construct a sentence that includes, "Because I value...it is important/I need...."

Value #1:

Value #2:

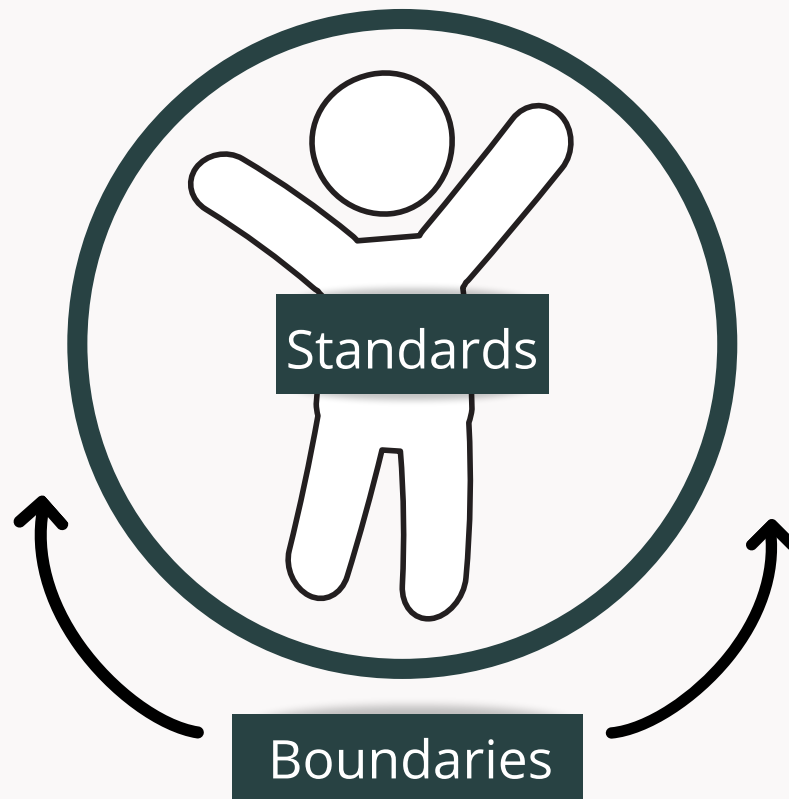
Value #3:

VALUES BASED EXPECTATIONS

Standards Versus Boundaries

Personal standards are expectations that I have for myself and how I behave. Boundaries are expectations that I have for others and how they behave

2 Types of Expectations



VALUES BASED EXPECTATIONS

What is a Values Based Standard?

Standards are the expectations that we have for ourselves and how we behave. Our standards are assertive when we are aware of what expectations we have for our values to be met by our own behaviour.

Standards Example

Because I value NON JUDGEMENT, I expect that I will give myself NON JUDGEMENT and others NON JUDGEMENT. When I can't or don't do this, I am aware that my value of NON JUDGEMENT will be significantly frustrated.

Value #1: _____

My standards statement for this value:

My expectations for myself to live up to that value:

What are the ways that I demonstrate that I am living up to my expectations around this value?

VALUES BASED EXPECTATIONS

What is a Values Based Boundary?

Boundaries are the expectations that I have for others and how they behave. Our boundaries are assertive when they are connected to a value and when there is a clearly stated expectation for that value to be met. For a boundary to be firm, it is recommended that there is some consideration of consequences that are linked back to the value being expressed.

Boundaries come AFTER we have thoroughly considered and addressed our expectations for our values being met with our own behaviour (standards). This will ensure that we are not asking others to solve the problems that are inherent in our own behaviour.

Boundaries Example

Because I value XX, I expect that others will provide me with XX.

Example:

Because I value non-judgement, and because I offer you a non judgmental space to be yourself and express yourself, I absolutely expect that that will be reciprocated and you will provide non judgmental space for me to express myself and be myself.

Is that a reasonable expectation? If it isn't a reasonable expectation, I appreciate your honesty and I need you to know that I will consider if I want to be in a relationship where I can't feel safe from non judgement when I am being myself.

WORKSHOP *Review*

WHAT WE COVERED TODAY

STEP 1

Assertive Values

Know why you need to communicate your values

STEP 2

Assertive Communication

Creating assertive statements for your values

STEP 3

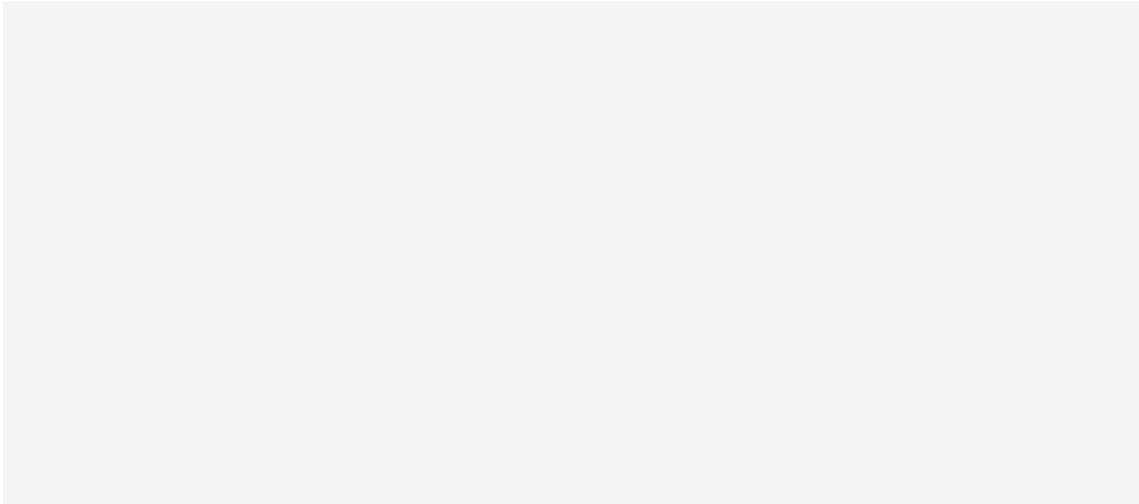
Values Based Expectations

Creating standards and boundaries that are rooted in your value statements



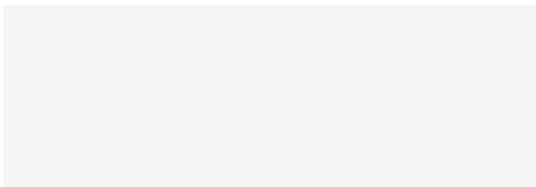
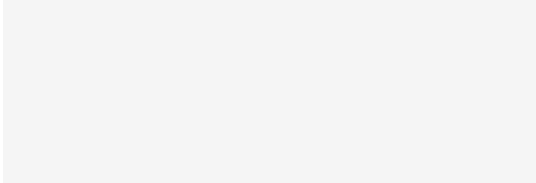
WORKSHOP *Reflections*

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

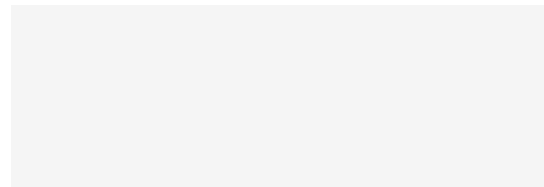
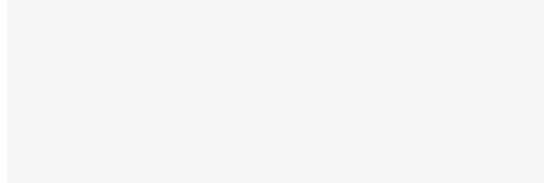


QUESTION #2: Life gets in the way sometimes. List 1-2 things that could become barriers to living your values? What are some ways you could overcome those barriers?

THINGS THAT GET IN THE WAY:



KICK THOSE TO THE CURB!



Resources

- ✓ VBL COACHING
TWO COACHING CALLS TO DEEPEN AND EXPLORE THE CONCEPTS OF WORKSHOP 02
www.values-basedliving.com/coaching
- ✓ STAY IN TOUCH
MAKE SURE YOU SIGN UP FOR OUR VBL NEWSLETTER, LIKE VALUESBASED LIVING ON OURFACEBOOK PAGE AND GIVE US A FOLLOW ON INSTAGRAM AND LINKEDIN
www.values-basedliving.com
- ✓ REACH OUT
CONNECT WITH US AND TELL US HOW YOU ARE LIVING YOUR VALUES
www.values-basedliving.com/contactus



