



A PIECE
OF PURPOSE
|
Values

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values

a guiding internal compass

Discovering our purpose starts with knowing what we value most. How do you want to show up every day? How do you want people to describe you when you're not in the room? When you discover those core values, you discover a deeper sense of clarity and meaning. Values are the goalposts that will lead you on your journey toward fulfilling your destiny and living a life filled with purpose.

I want to remind you there's no pressure to be perfect here. Digging deep and gaining clarity can be uncomfortable work but it's rewarding work. Approach these prompts with grace and kindness toward yourself. Before you begin, take a moment to close your eyes and take a few deep breaths. Remember, your path toward purpose is significant and worth it no matter what it looks like.

Dreams and goals can shift or change as you grow. Values, on the other hand, are consistent and serve as the foundation of how you make decisions and live with purpose. When you discover those core values that make up who you are and what you most desire, you're in a position to create a powerfully purposeful life that lights you up.

Below, I've listed some values. Pick one or two you feel are most important in your life (or add your own if you don't see it listed). If you have trouble determining which are most important, go inward. What makes your heart leap a little when you think about a life infused with that value? What do you most want to embody in your own life?



Authenticity

Belonging

Confidence

Courage

Empathy

Freedom

Fun

Generosity

Gratitude

Growth

Honesty

Humor

Intimacy

Kindness

Love

Self-Expression

Strength

Supportiveness

Trust

Reflect on the values you chose. What do they mean to you? Why are they important?

Close your eyes and imagine a version of your life where you fully embody these values. Don't be afraid to dream big! What does it look like? How does it make you feel?

What are some simple ways you can infuse those values into your daily life?

Take note of what holds a lot of your space and attention right now. Does it align with your values? If the answer is no, what intentional changes can you make to change that? (Sometimes you can't change your circumstance but you can shift your perspective and behavior.) If your answer is yes, how can you deepen the ways your values show up?

A value is a way of being or believing that we hold most important. Living into our values means that we do more than profess our values, we practice them. We walk our talk - we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs.

Brené Brown

