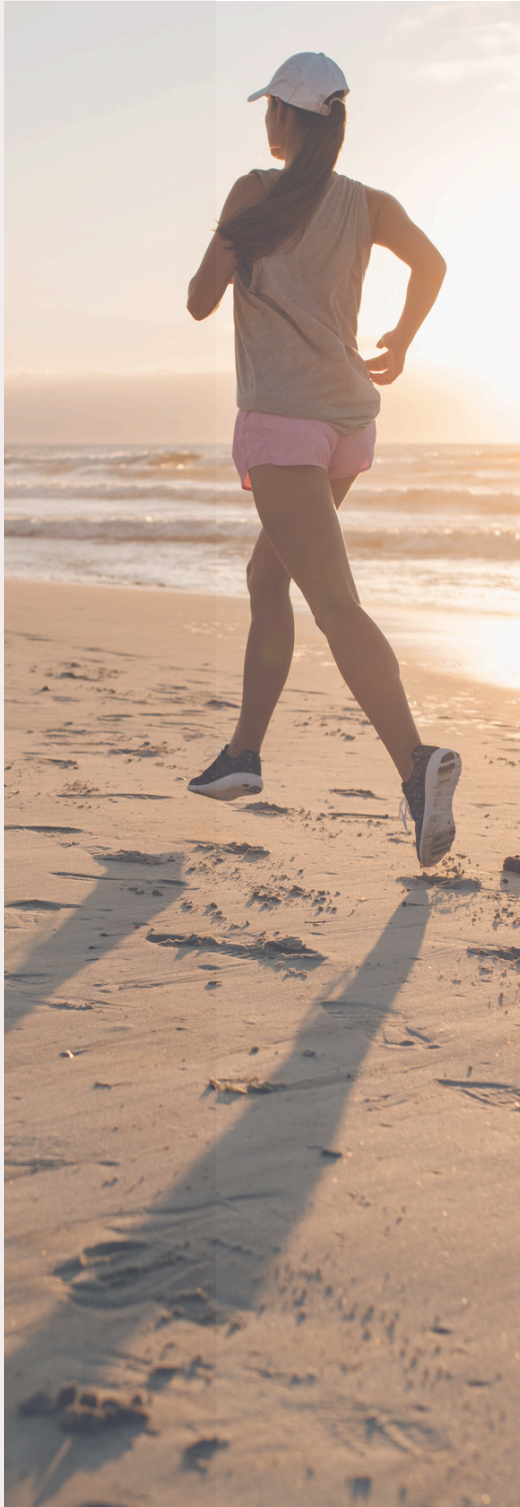




Finding Your Inner Compass

A VALUES EXPLORATION WORKBOOK

Your first step toward lasting weight loss.



VALUES

Every day we face situations in which we make choices about our behavior. We can either choose to take actions that move us toward the person we want to be and make life fuller and more meaningful, or we can take actions that move us away from the person we want to be and may make our lives worse in the long run. It's in these "choice point" moments that our values come into play, helping us focus on what we know deep down is important to us.

Let's dive into values: what they are, why it's crucial to define our personal values, and how we can use them to guide our decisions and actions. By understanding our values, we take the first step towards ending the cycle of yo-yo dieting forever.

FOCUSING ON VALUES

Imagine that you are 80 years old and looking back on your life, then complete these sentences. Your responses will begin to shed some light on what you value deep inside.

I spent too much time worrying about.....

I did not spend enough time doing things such as.....

If I could go back in time, what I would do differently is.....

Focusing on your values can help you reach your goals in many ways: including providing inspiration, motivation, guidance, satisfaction, and even as a source of positive reinforcement.



*Focusing on your values
can help you reach your
goals.*





For inspiration:

What kind of person do I want to be? What is important to me? In what ways do I want to show up in my life? I know you're thinking "How does this have anything to do with losing weight? Stick with me! Taking time to seriously consider these questions can benefit you in many areas of your life, including your ability to lose weight and keep it off!

In answering these questions, you are defining your values. Your values serve as your compass to help navigate your path in life. Your personal values are a fundamental aspect of who you are and who you want to be. In everyday situations, you can call upon these values to help you make choices that inspire you to set goals and take positive actions.



For motivation:

How many times have you started a new diet? You felt great at first as you started to see the numbers on the scale drop. Your motivation was at an all-time high. As time passed, you started feeling hungry, deprived, and bored. Motivation gone! Your diet became unbearable, so you gave in to your pizza craving and called it quits.

How about when your weight loss stalled even though you relentlessly stuck to your diet? That darn scale wouldn't budge even though you did everything right! Those familiar thoughts started playing in your mind; "I'm just not able to lose weight.", "I've tried everything, nothing works." Frustration and defeat set in and... motivation? Gone!

Motivation comes and goes, influenced by factors like mood, stress, and our environment. When you're feeling unmotivated or your willpower is at an all-time low, your values can give you that push to keep moving forward. Your values will always be accessible even when your internal motivation and willpower are long gone.

For guidance/direction:

Difficult thoughts and feelings are guaranteed to pop up on any weight loss journey. I'm sure you've had some version of "I deserve a cookie because I've been good all week." or "I don't feel like going for a run, it's too cold outside."

These are choice point moments, where you can get hooked by difficult thoughts and feelings and take actions that move you AWAY from the person you want to be. It's when you're able to unhook from the difficult thoughts and feelings that you're able to take actions that move you TOWARDS the person you want to be.

What happens when these thoughts go through your mind? If you're like most people, you're eating the cookie, quitting your diet, and sitting down to watch TV!

But what if?.....

When you face challenging situations, like when that plate of cookies is staring you down (a "choice point" moment), you pause to reflect on your values by asking yourself questions like, "How do I want to show up for myself?" or "What kind of person do I want to be?" Knowing your values enables you to choose actions that lead you to the outcomes you want; acting effectively and behaving like the person you want to be. You CAN choose to make a healthy snack instead of eating a cookie! You CAN choose to acknowledge that you ate all the cookies and still follow through with your healthy lunch and dinner! You CAN choose to lace up your running shoes and head outside despite the cold!



This initial exercise will guide you in defining your values. The values listed are not all-encompassing but serve as a starting point to help you connect with your personal values. Feel free to add any additional ones that resonate with you.

Step 1. Core Values List: Circle the words below that most resonate with you. Try not to overthink it, just choose the ones you feel a connection to.

Abundance	Cheerfulness	Equality	Imagination	Originality	Spirituality
Acceptance	Cleverness	Ethics	Independence	Passion	Spontaneity
Accountability	Commitment	Excellence	Innovation	Performance	Spunkiness
Achievement	Compassion	Family	Inspiration	Practicality	Stability
Adventure	Consistency	Friendliness	Intelligence	Persistence	Strength
Advocacy	Cooperation	Flexibility	Intimacy	Playfulness	Success
Affection	Collaboration	Freedom	Intuition	Presence	Sympathy
Ambition	Competency	Fun	Kindness	Recreation	Teamwork
Appreciation	Contribution	Generosity	Knowledge	Respect	Thankfulness
Attractiveness	Creativity	Giving	Leadership	Resilience	Thriftiness
Authenticity	Curiosity	Gratitude	Learning	Satisfaction	Tidiness
Balance	Decisiveness	Growth	Longevity	Selflessness	Understanding
Benevolence	Dedication	Happiness	Love	Self-care	Uniqueness
Boldness	Dependability	Harmony	Loyalty	Self-control	Versatility
Brilliance	Determination	Health	Mastery	Self-reliance	Vision
Bravery	Directness	Helpfulness	Mindfulness	Serenity	Variety
Calmness	Discipline	Honesty	Modesty	Service	Warmth
Capability	Diversity	Honor	Nature	Sexuality	Wealth
Caring	Empathy	Humility	Optimism	Silliness	Well-being
Charity	Enthusiasm	Humor	Organization	Skillfulness	Wisdom

Feel free to add your own below:

Step 2. Group similar values together:

Take the values you've circled and, using the chart below categorize them into five groups based on similarities in any manner that is meaningful to you. If you think that having more than five groups is a better fit for you, that's absolutely okay.

1.	2.	3.	4.	5.

Step 3. Choose one word from each group.

Select a word that you believe best captures the essence of each category. These words represent your core values. If you end up with more than five values that's okay as well!

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Step 4. Write them in order of importance.

Now it's time to assess the significance of your core values. Please arrange them in the order that feels most meaningful to you.

1. _____
2. _____
3. _____
4. _____
5. _____

Step 5. To enhance your connection to your core values, you can write a brief explanation of what each value means to you. For example, if your core value is compassion, you might write it as “I value compassion because it enables me to live a life where I am confident in my ability to minimize harm.”

1.
2.
3.
4.
5.

Exercise 1.

Place an X in each area of the dartboard that represents your average position now.

Bullseye = I'm behaving like the person I want to be

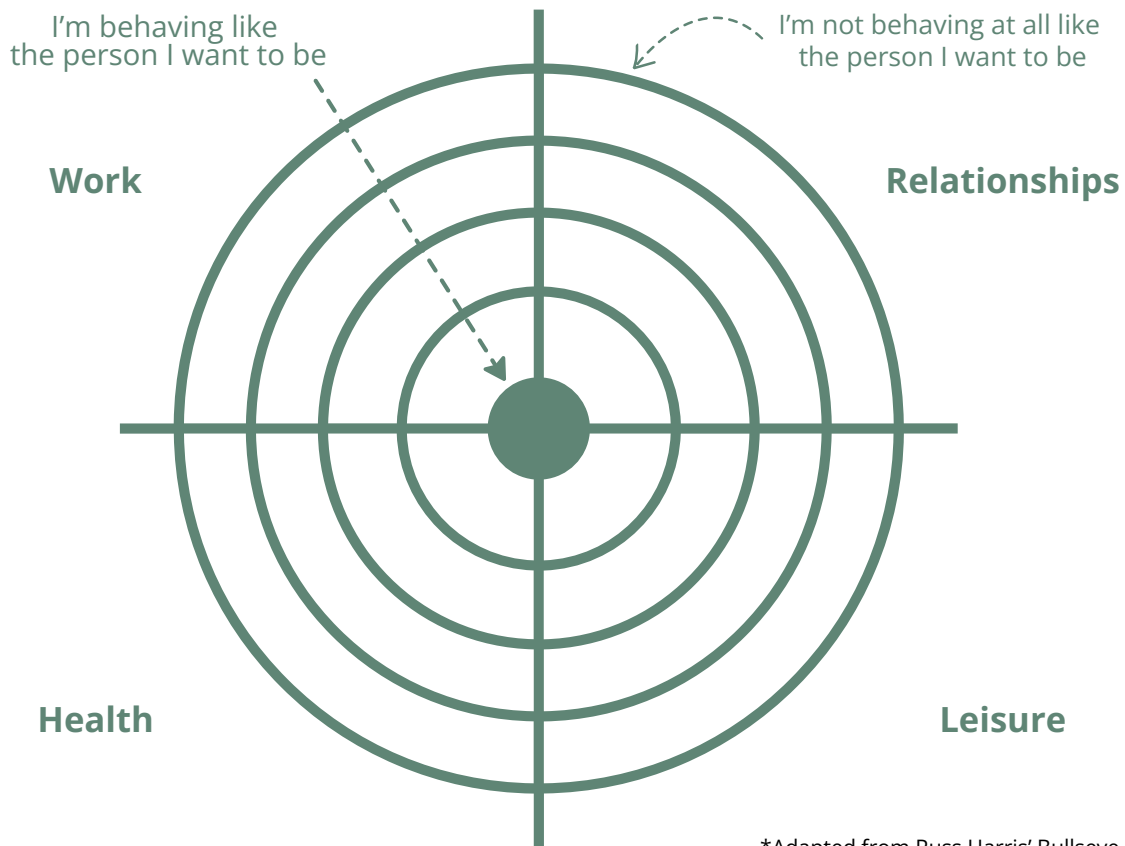
Outer Ring = not behaving like the person you want to be

Work: includes workplace, career, education, volunteering, study, skills development

Relationships: includes your partner, children, parents, relatives, friends, co-workers, social contacts

Health: includes nutrition, exercise, life skills, meditation, yoga

Leisure: includes playing, relaxing, having fun, enjoying yourself; resting, recreation



*Adapted from Russ Harris' Bullseye

Concentrate on one section of the Bull's Eye worksheet for the upcoming week, and experiment with incorporating 2 or 3 values into that area of your life.

Seek opportunities to embody those values through your words and actions. The size of the action doesn't matter; the goal is simply to infuse a bit into your daily life.

YOUR VALUES: Deep in your heart, how do you want to behave? How do you want to treat yourself, others, and the world around you? What sort of person do you want to be?

What actions can you take to express these values?

- 1.
- 2.
- 3.

“Seek opportunities to embody your values.”



Exercise 2.

By reflecting on the questions below that will prompt you to consider the values behind your actions, you'll gain insights into areas where your behavior may not fully align with what is important to you. Through this exploration, you'll have the opportunity to connect with your core values and make choices that are more in tune with your genuine goals.

1. What values are you ignoring, neglecting, forgetting, leaving behind, or failing to act on when you opt out of doing things that are important to you?
2. What values are you ignoring, neglecting, forgetting, leaving behind, or failing to act on when you're not trying new things, stepping out of your comfort zone, facing your fears, or tackling big challenges?

Exercise 3.

Morning Motivation:

As you wake up each morning, pause to consider which values (2 or 3) you'd like to embody for the day ahead. Keep these values in mind as you go about your day, finding little ways to inject the values into your actions.

Hi there! I'm Karie

*novice gardener
animal lover
tea fanatic
plant-based nutrition & health coach*

I'm dedicated to helping people escape the endless diet cycle by guiding them towards a whole food, plant-based lifestyle so they can drop unwanted pounds for good, and never be "on a diet" again!



I'm a passionate advocate for whole foods plant-based nutrition and the incredible benefits it offers for personal health, animal welfare, and the environment. I jumped into this lifestyle in 2008 when I first transitioned to a plant-based diet and have been on a mission to spread knowledge and empower others to make positive lifestyle changes ever since.

Ultimately, my goal as a health coach is to help people align their actions with their desires, lose weight, break free from disease, and live long, healthy, vibrant lives.



I hope you've found this values exploration helpful!

Send me a DM on Instagram @kariedelalla and let me know your top 5 values!

IG - @kariedelalla

FB - Livelightly

