



FREEDOM PROGRAM *worksheet*



Your Core Values

The more clarity we have on our values, the more likely we are to make decisions in alignment with who we want to be (our version 2.0 self), rather than making decisions based on our past (version 1.0 self).

Step 1: Consider the extensive list of values below. Some of these values will be an absolute priority for you, others might be important but not a top priority, and others will not resonate at all.

I want you to look through the list and select the top 10 values that resonate with you the most as your version 2.0 self. These are the values that are non-negotiable. Others will also be important but will not make the top 10 list. Try not to spend too much time analysing here. Trust your version 2.0 self.

Rating	Value
	Acceptance: to be open to and accepting of myself, others, life etc
	Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences
	Assertiveness: to respectfully stand up for my rights and request what I want
	Authenticity: to be authentic, genuine, real; to be true to myself
	Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc
	Caring: to be caring towards myself, others, the environment etc
	Challenge: to keep challenging myself to grow, learn, improve





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	Compassion: to act with kindness towards those who are suffering
	Connection: to engage fully in whatever I am doing, and be fully present with others
	Contribution: to contribute, help, assist, or make a positive difference to myself
	Conformity: to be respectful and obedient of rules and obligations
	Cooperation: to be cooperative and collaborative with others
	Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Creativity: to be creative or innovative
	Curiosity: to be curious, open-minded and interested; to explore and discover
	Encouragement: to encourage and reward behaviour that I value in myself or others
	Equality: to treat others as equal to myself, and vice-versa
	Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling
	Fairness: to be fair to myself or others





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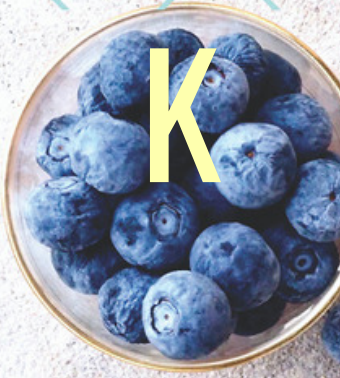
Rating	Value
	Fitness & Health: to maintain or improve my fitness; to look after my physical and mental health and wellbeing
	Flexibility: to adjust and adapt readily to changing circumstances
	Freedom: to live freely; to choose how I live and behave, or help others do likewise
	Friendliness: to be friendly, companionable, or agreeable towards others
	Forgiveness: to be forgiving towards myself or others
	Fun: to be fun-loving; to seek, create, and engage in fun-filled activities
	Generosity: to be generous, sharing and giving, to myself or others
	Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life
	Honesty: to be honest, truthful, and sincere with myself and others
	Humour: to see and appreciate the humorous side of life
	Humility: to be humble or modest; to let my achievements speak for themselves
	Industry: to be industrious, hard-working, dedicated





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	Independence: to be self-supportive, and choose my own way of doing things
	Intimacy: to open up, reveal, and share myself -- emotionally or physically - in my close personal relationships
	Justice: to uphold justice and fairness
	Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
	Love: to act lovingly or affectionately towards myself or others
	Mindfulness: to be conscious of, open to, and curious about my here- and-now experience
	Order: to be orderly and organized
	Patience: to wait calmly for what I want
	Persistence: to continue resolutely, despite problems or difficulties.
	Pleasure: to create and give pleasure to myself or others
	Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
	Reciprocity: to build relationships in which there is a fair balance of giving and taking





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	Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard
	Responsibility: to be responsible and accountable for my actions
	Romance: to be romantic; to display and express love or strong affection
	Safety: to secure, protect, or ensure safety of myself or others
	Self-awareness: to be aware of my own thoughts, feelings and actions
	Self-care: to look after my health and wellbeing, and get my needs met
	Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.
	Self-control: to act in accordance with my own ideals
	Sensuality: to create, explore and enjoy experiences that stimulate the five senses
	Sexuality: to explore or express my sexuality
	Spirituality: to connect with things bigger than myself
	Skilfulness: to continually practice and improve my skills, and apply myself fully when using them





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Rating	Value
	Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
	Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
	Insert your own unlisted value here:
	Insert your own unlisted value here:

Step 2: Now that you have your top 10 values, I want you to now reduce them down to 7. Record your top 7 future self values below:

Step 3: Now, you will need to remove a further 4 values off the list and you will now have your top 3 values. Record your top 3 version 2.0 values below.

1.	2.	3.





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Congratulations. Knowing your top 3 values for your version 2.0 self is really empowering. These values act as a compass for your version 2.0 self and will influence your day-to-day decisions. If ever you are feeling lost or stuck, you have these values that you can always come back to for clarity.

To what extent are you living these values on a day-to-day basis?

Top Value	Definition	Rate to the extent you are living these values (1=not at all; 10=all the time)
<i>Self Care</i>	<i>To look after my health and wellbeing, and get my needs met</i>	<i>6/10</i>





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OK so now we know how you are tracking towards your top values, let's look at ways we can move closer to them. Here is an example of one of my top values and some strategies for me.

Please note that everyone's actions will be different and will be very dependent on your personal situation.

Value	Current Rating (1-10)	Future Rating (1-10)	Actions to increase rating
Self Care	6	8	<i>Listening to a podcast around wellbeing/health on the tram on the way to work Leave the office for lunch and a cup of tea - me time Listen to my body to decide what I need when I get home from work (walk, to rest, cardio, yoga, Pilates) Aim to go to bed at 9.30pm and read a book I enjoy.</i>





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Value	Current Rating (1-10)	Future Rating (1-10)	Actions to increase rating





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Value	Current Rating (1-10)	Future Rating (1-10)	Actions to increase rating





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Everything in your actions column forms your goals. Feel free to make them more specific and add more detail if you need to. This is values-based goal setting has shown to be a more effective and sustainable strategy than traditional goal setting. You know now how on track or off track you are in terms of your goals and getting one step closer to your future self.

Finally, I want you to summarise your top 3 game changer values-based goals that you will set for yourself moving forward. These 3 goals need to be significant to take you closer to your future self.

My Game Change Goals are:

