



VALUES AND PURPOSE WORKSHEET



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CORE VALUES

Core values are the beliefs that define what is most important for you, and they serve as a guide for your decision-making and behaviors. Living in alignment with core values can help you help you feel more authentic, fulfilled, satisfied, and in control of your life.

INSTRUCTIONS:

1. Mark the 10 core values that resonate with you the most. There is a blank row at the bottom to add values that might not be on the list.
2. Of those 10, select the top 5.
3. Answer the questions on the next page.

Accountability	Communication	Faith	Humility	Patience	Security
Achievement	Community	Fairness	Humor	Partnership	Self-Awareness
Accomplishment	Compassion	Family	Impact	Peace	Self-Love
Abundance	Confidence	Forgiveness	Independence	Perseverance	Service
Acceptance	Connection	Friendship	Innovation	Personal Growth	Simplicity
Adaptability	Courage	Fun	Integrity	Physical Appearance	Spirituality
Adventure	Creativity	Generosity	Intimacy	Power	Sustainability
Alignment	Curiosity	Grace	Intuition	Privacy	Tolerance
Ambition	Determination	Gratitude	Joy	Professionalism	Transformation
Authenticity	Discipline	Growth	Justice	Purpose	Transparency
Balance	Diversity	Happiness	Kindness	Recognition	Trust
Belonging	Education	Harmony	Knowledge	Respect	Voice
Bravery	Empathy	Healing	Leadership	Resilience	Wellness
Clarity	Empowerment	Health	Legacy	Responsibility	Wisdom
Collaboration	Equality	Honesty	Love	Romance	Wonder
Commitment	Excellence	Hope	Loyalty		





CORE VALUES (CONT'D) - REFLECTION

Reflect on the following prompts in relation to your top 5 core values identified on page 1.

1. Why are these values so important to you? What experiences reinforced the importance of these values? How have they shaped and impacted your life?

2. How do you live by these values? Where might you not be staying true to these values?

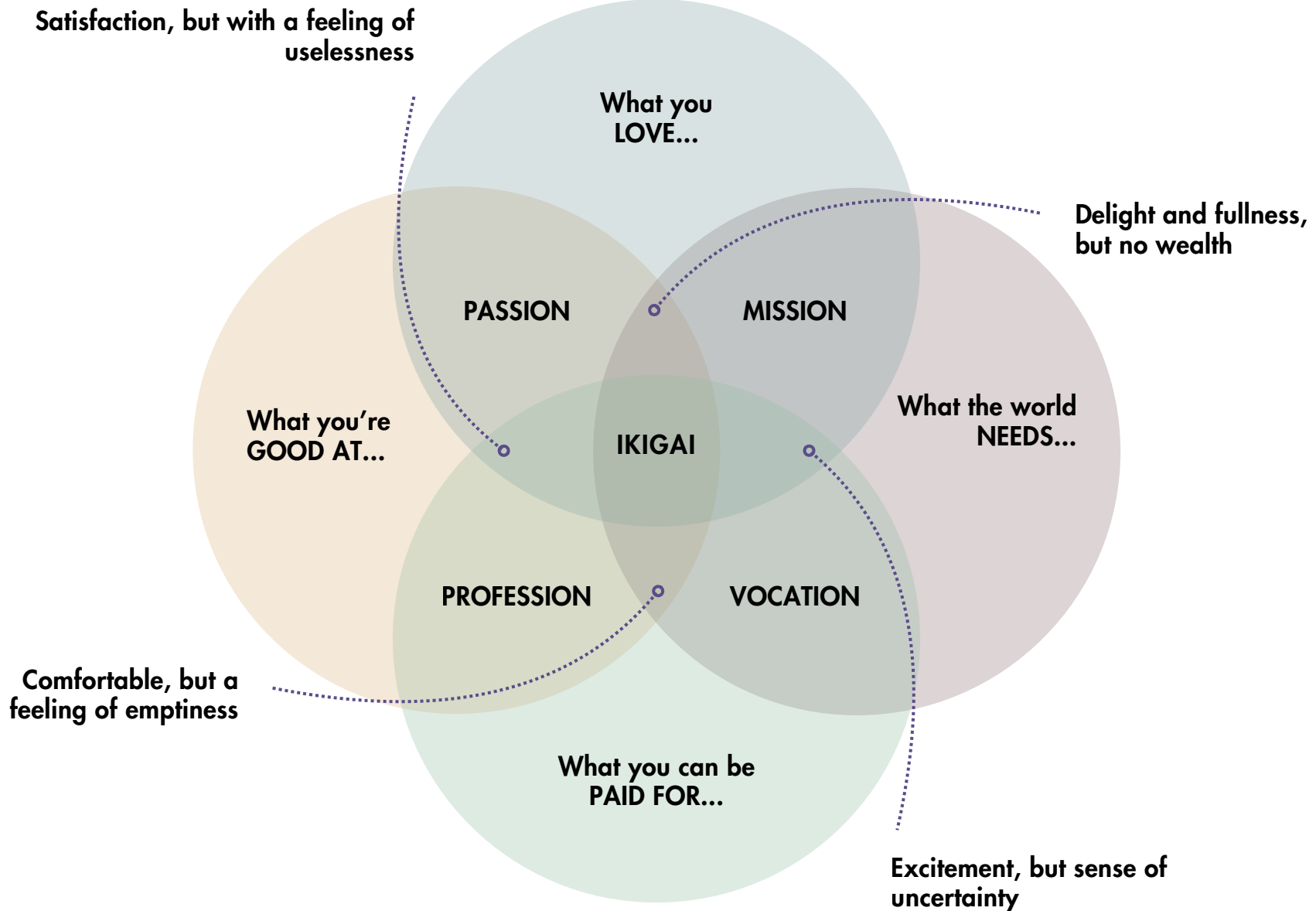
3. What can you do to live more aligned with these values?



IKIGAI*

Ikigai Map

- **Ikigai***: a Japanese concept meaning “a reason for being” or life purpose.
- This exercise helps you define your personal meaning of life in relation to your talents, passions, and profession, as well as what you can give to the wider world.



IKIGAI

Finding Your Ikigai

DO WHAT YOU LOVE

What did you love doing or think about as a child?

What activities do you do in your spare time that make you happy?
What makes you feel most passionate, most satisfied, and/or most fulfilled?

DO SOMETHING THE WORLD NEEDS

Who or what inspires you?

What angers or frustrates you?

DO WHAT YOU'RE GOOD AT

What are your strengths and skills?

What do people come to you for help with? What makes you unique and stand out from others?

DO SOMETHING YOU CAN BE PAID FOR

What products or services could you sell?

What job could you do?

Congrats! You've taken the time to identify your values and purpose!

NEXT: Let's work together to align your values and purpose to your goals. Doing so makes it more likely you'll achieve the results you are looking for, thus increasing your satisfaction, fulfillment and productivity. Contact me for a free discovery call today!

