



VALUES AND PURPOSE WORKSHEET



Bhavika Shah, Certified Life Coach
www.chaiwithbhavcoaching.com
hello@chaiwithbhavcoaching.com

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.

Honesty	Tolerance	Self-awareness	Collaboration	Adventure
Integrity	Open-mindedness	Self-acceptance	Teamwork	Education
Loyalty	Forgiveness	Self-confidence	Excellence	Knowledge
Compassion	Generosity	Independence	Quality	Learning
Empathy	Courage	Freedom	Service	Justice
Respect	Perseverance	Family	Altruism	Simplicity
Kindness	Determination	Friendship	Reliability	Balance
Authenticity	Ambition	Love	Authenticity	Resilience
Accountability	Creativity	Empowerment	Creativity	Health
Gratitude	Innovation	Equality	Openness	Well-being
Humility	Adaptability	Inclusivity	Adaptability	Exploration
Responsibility	Flexibility	Diversity	Harmony	Innovation
Trustworthiness	Curiosity	Environmentalism	Peace	Honor
Fairness	Wisdom	Sustainability	Spirituality	Unity
Patience	Self-discipline	Community	Fun	Transparency





CORE VALUES (CONT'D) AND 2024 REFLECTION

MY CORE VALUES - CONT'D

Answer the following in relation to your top 5 core values.

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?

2024 REFLECTION

1. What was the highlight of your year?

2. What are the 3 most important things you learned this year?

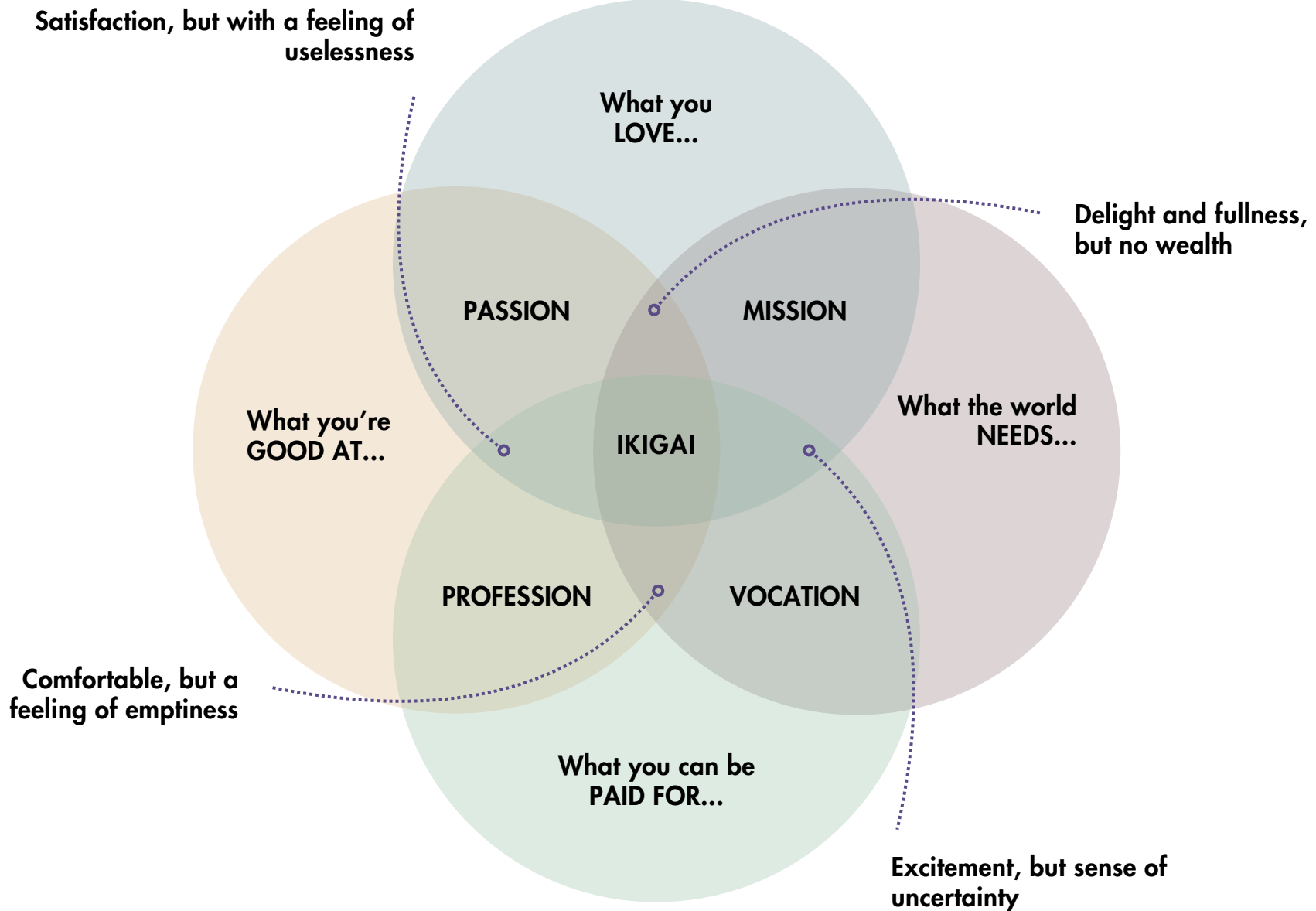
3. If you had to name one word to describe this year, what would it be?



IKIGAI*

Ikigai Map

- **Ikigai***: a Japanese concept meaning “a reason for being” or life purpose.
- 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?

COMING NEXT: When you take the time to identify your values and purpose and then align them to your goals, you're more likely to achieve the results you are looking for, thus increasing your satisfaction, fulfillment and productivity. Get ready to dive into more at our workshop!

