

WORKBOOK

VALUES

our monthly audit, reflection and
period for aligned action

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Taking stock with our current values and behaviours.

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VALUES

Broken down by Sophia Dawson, Ovie Psychologist.

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Your plan to live more aligned with your values.

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REFLECTION

Space for reflection on self learnings, or free journalling space to use as you wish.

TAKING INVENTORY

THINK ABOUT A TIME OR EVENT IN YOUR LIFE WHERE YOU FELT COMPLETE, FULFILLED, HAPPY AND POWERFUL. WHAT WAS HAPPENING? WHO WERE YOU WITH? WHAT VALUES WERE YOU HONOURING AT THIS TIME?

CONSIDER THE LAST TIME YOU FELT UPSET, FRUSTRATED, ANGRY, OR DISAPPOINTED. WHAT WAS GOING ON? WHY DID YOU FEEL THIS WAY? WHAT VALUES WERE YOU OUT OF ALIGNMENT WITH?

WHAT ARE THE 5 VALUES THAT COME TO MIND FIRST THAT YOU AIM TO LIVE BY?

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VALUES

What are values?

Our personal values are ideas that we hold deeply in our hearts, and these guide and influence our behaviours and actions. If we act in service of our values, we are proud, fulfilled and content with our actions.

Compassion, kindness, empathy, resilience, honesty, integrity, loyalty are just some values people might hold.

So it's important to recognize that our behaviours aren't just influenced by our thoughts, but they can be influenced by our values as well.

Once we break this down, we can see that thoughts can threaten to take us away from our values sometimes, which is why it can be important to do some work around your values, so you reconnect with the things that matter to you most, and use these as a paradigm for moving through the world to achieve fulfilment and contentedness.



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A good thing to note is that values can differ for different areas of your life. For example, your 3 top values in a relationship might be honesty, trust and kindness, whereas your 3 top values in a career might be integrity, compassion and environment.

Once we have considered our values in areas of our life, we can use these as anchors, and they ground us to what matters most to us.

So if the going got tough, we can come back to our values and still consider this hard worthwhile. For example, the environment is a core value in my career, so working for an unaligned company wouldn't create fulfilment. It might be hard to leave this job (maybe it pays well, it has a good title) in order to work for a more sustainable company - but it is worth the change for personal fulfilment and purpose.

"Those who have a 'why' to live, can bear with almost any 'how'."
Victor Frankl.



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CLARE & SOPHIA ON VALUES

Clare & Sophia sit down to discuss values, what they are, why they can be helpful to identify, and how they can drive our decision making and behaviours.

[WATCH HERE](#)

VALUES

a non-exhaustive list

- Authenticity
- Achievement
- Adaptability
- Adventure
- Ambition
- Authority
- Autonomy
- Balance
- Beauty
- Being the best
- Belonging
- Boldness
- Caring
- Collaboration
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Connection
- Courage
- Creativity
- Curiosity
- Determination
- Dignity
- Efficiency
- Environment
- Ethics
- Equality
- Excellence
- Fairness
- Faith
- Fame
- Forgiveness
- Financial stability
- Friendships
- Fun
- Future generations
- Generosity
- Giving back
- Grace
- Gratitude
- Growth
- Happiness
- Harmony
- Honesty
- Humor
- Humility
- Hope
- Influence
- Inner Harmony
- Inclusion
- Integrity
- Intuition
- Initiative
- Independence
- Job security
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Meaningful work
- Nature
- Openness
- Optimism
- Order
- Parenting
- Patience
- Patriotism
- Peace
- Perseverance
- Pleasure
- Poise
- Popularity
- Personal fulfillment
- Power
- Pride
- Recognition
- Religion
- Reliability
- Resourcefulness
- Respect
- Responsibility
- Risk-taking
- Safety
- Security
- Self-discipline
- Self-expression
- Self-respect
- Serenity
- Service
- Simplicity
- Spirituality
- Sportsmanship
- Stewardship
- Success
- Status
- Teamwork
- Thrift
- Time
- Tradition
- Travel
- Trust
- Trustworthiness
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-being
- Wholeheartedness
- Wisdom

DECIPHERING YOUR VALUES

LIST 3 VALUES YOU WISH TO HONOR IN YOUR HEALTH:

LIST 3 VALUES YOU WISH TO IN HONOR IN YOUR RELATIONSHIPS:

LIST 3 VALUES YOU WISH TO HONOR IN YOUR CAREER OR SUCCESS PATH (INCLUDING MOTHERHOOD, HOBBIES):

LIST 3 VALUES YOU WISH TO HONOR IN YOUR OVERALL APPROACH TO LIFE AND YOURSELF:

ALIGNED ACTION

This is where you can begin to craft your game plan for change you're going to make in this area of personal values.

HOW DID MY ACTIONS TODAY ALIGN WITH MY CORE VALUES?

WHAT COULD I HAVE DONE TO LIVE MORE ALIGNED WITH MY CORE VALUES TODAY?

WHAT ACTIONS CAN I TAKE IN THE NEXT WEEKS TO CONTINUE LIVING MORE IN ALIGNMENT WITH MY VALUES?

OVIE - REFLECTION

FREE JOURNALLING

USE THIS PAGE TO EXPAND MORE ON YOUR THOUGHTS

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OVIE - REFLECTION

FREE JOURNALLING

USE THIS PAGE TO EXPAND MORE ON YOUR THOUGHTS

[illegible]

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NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

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COACHING

