

It's time to fully step into what's important

Alright lovely one. You've done some deep work and now it's time to take this process one step further. It's time to from BIG to BOLD and that means aligning with your core values. One of the questions I hear a lot is, "How do I know if I'm fully living my core values?" The answer is simple and it's actually one I'll answer with another question: "Are you feeling overall fulfilled, happy, and energized?"

Time to be BOLD

This part of the workbook is meant to help you to dig in a little further and explore the *where*, *when*, and *how* you are living your core values. Today. This moment. This second.

A gentle word of love just for you...

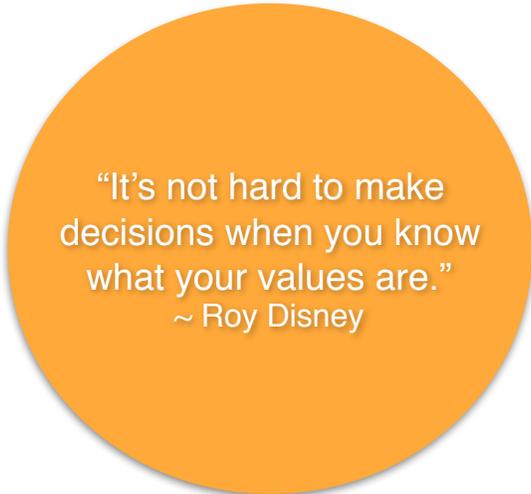
If you're looking at your list of Core Values and have been struck with a big ol' 'AHA! *That's why I'm feeling crappy. I'm not living in alignment with my Core Values!*

Stop... Breathe... It's okay... All you have to do is...

Start. Start now and bring those five core values to the forefront of your thinking when making choices and decisions. Shine a light on them when you're setting goals for yourself or your business. Declare today the day you commit to those values and begin aligning with them. And be gentle with you. It takes practice but it's oh so worth it.

The BOLD questions

The following workbook questions are meant to help you begin to align your life with your core values. Take your time and allow yourself to feel each question before responding. There is no right or wrong answer.



"It's not hard to make decisions when you know what your values are."
~ Roy Disney

BOLD: Aligning With Your Core Values

When you think of your day to day activities do they seem to line up with your core values?

Where are you most out of alignment?

What would you feel like on a regular basis if you lived your life in alignment with these values?

Off the top of your head... what could you do more of to live in alignment with your values?

Your Values:

Remind yourself of your 5 Core Values:

- 1.
- 2.
- 3.
- 4.
- 5.

BOLD: Aligning With Your Core Values

What could you do less of?

Thinking about your life... where, specifically, are you out of alignment with your core values?

If you changed nothing with regard to aligning with your core values what would happen?

Look at each of the five core values on your list. What happens for you when one of them isn't being lived or honored in your day to day life?

Your Values:

Remind yourself of your 5 Core Values:

- 1.
- 2.
- 3.
- 4.
- 5.

BOLD: Aligning With Your Core Values

Which of your core values are easiest to align with?
Why?

What happens for you when they ARE being lived and honored in your life?

What stops you from living your core values out loud?

What are two to three things you could change today that would help you align with your values?

Your Values:

Remind yourself of your 5 Core Values:

- 1.
- 2.
- 3.
- 4.
- 5.