

The Values & Direction *Workbook*



Discover what actually
matters to you





Copyright © Purposeful Personal Growth

The Values & Direction Workbook

Usage Rights

All rights reserved. No part of this workbook may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

Disclaimer

All the material contained in this workbook is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

The Values & Direction Workbook

Part 2 of The Becoming Series

Discover What Truly Matters and Create a Direction That Feels Aligned With You

Welcome

If you've completed the Clarity Reset Workbook, you now have a better understanding of where you are in life and the areas that may need attention.

That's an important first step.

But clarity alone isn't enough.

The next question is:

Where do you want to go—and why?

Many people spend years pursuing goals that look impressive on the surface but leave them feeling disconnected, exhausted, or unfulfilled.

Not because they failed.

Because they were moving in a direction that wasn't truly theirs.

This workbook is designed to help you reconnect with what matters most so you can build a life that feels meaningful, aligned, and authentic.

You don't need to discover your entire purpose today.

You simply need to understand yourself a little better than you did yesterday.

Let's begin.

SECTION 1: WHAT MATTERS MOST TO YOU?

Understanding Your Core Values

Your values are the principles that guide your decisions, priorities, and behaviour.

When your life aligns with your values, you often feel:

- Fulfilled
- Energised
- Motivated
- At peace

When your life conflicts with your values, you often feel:

- Frustrated
- Stressed
- Unfulfilled
- Disconnected

Common Core Values

Circle or highlight the values that resonate most with you:

- ☐ Achievement
- ☐ Adventure
- ☐ Authenticity
- ☐ Balance
- ☐ Compassion
- ☐ Connection
- ☐ Contribution

- ☐ Creativity
- ☐ Curiosity
- ☐ Family
- ☐ Freedom
- ☐ Growth
- ☐ Health
- ☐ Honesty
- ☐ Independence
- ☐ Learning
- ☐ Leadership
- ☐ Peace
- ☐ Purpose
- ☐ Respect
- ☐ Security
- ☐ Service
- ☐ Spirituality
- ☐ Success
- ☐ Trust
- ☐ Wellbeing

Reflection

Which 10 values stand out most?

Narrow It Down

From your list above, choose your top 5 values.

1. _____
2. _____
3. _____
4. _____
5. _____

Reflection Questions

Why are these values important to me?

How do these values currently show up in my life?

Where am I not living in alignment with these values?

SECTION 2: WHAT ENERGISES YOU?

Discovering Your Sources of Meaning

Purpose is often hidden in the things that naturally energise you.

Think about the past year.

Answer the following:

What activities make me lose track of time?

What conversations do I enjoy most?

What topics am I naturally drawn to learn about?

What do I enjoy helping others with?

When do I feel most alive?

Energy Audit

Activities That Give Me Energy

1. _____
2. _____
3. _____
4. _____
5. _____

Activities That Drain My Energy

1. _____
2. _____
3. _____
4. _____

5. _____

Reflection

Looking at your answers, what patterns do you notice?

SECTION 3: IDENTIFYING YOUR STRENGTHS

Many people underestimate their natural strengths because they come easily.

Let's uncover them.

Reflection Exercise

What do people often ask me for help with?

What skills or qualities come naturally to me?

What achievements am I proud of?

What challenges have I successfully overcome?

Strength Summary

Based on your answers, my greatest strengths are:

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 4: YOUR LIFE ALIGNMENT REVIEW

Let's see how aligned your life currently feels.

Rate each area from 1–10.

Health & Wellbeing

____ / 10

Relationships

____ / 10

Career or Work

____ / 10

Personal Growth

____ / 10

Finances

____ / 10

Purpose & Meaning

____ / 10

Lifestyle & Balance

____ / 10

Reflection

Which area feels most aligned?

Which area needs the most attention?

If you improved one area over the next 90 days, which would have the greatest positive impact?

SECTION 5: CREATING YOUR DIRECTION

You don't need a detailed life plan.

You need a direction.

Imagine One Year From Today

Take a moment and picture yourself 12 months from now.

You have stayed committed to your growth.

You have made consistent progress.

Life feels more aligned.

Answer the following:

What has improved?

How do you feel?

What habits are now part of your life?

What are you proud of?

YOUR DIRECTION STATEMENT

Complete the following sentence:

Over the next 12 months, I want to become someone who:

Now complete:

I want my life to include more:

I want my life to include less:

The most important area for me to focus on right now is:

SECTION 6: YOUR NEXT STEP

Clarity creates awareness.

Values create direction.

But direction only matters if you act on it.

The next stage of your journey is learning how to turn your insights into daily action.

Because knowing what matters is important.

Living it is transformational.

YOUR COMMITMENT

Complete this statement:

The one action I will take this week to move closer to the life I want is:

Sign your commitment:

Name:

Date:

Final Reflection

You do not need to have your entire future figured out.

You do not need perfect certainty.

You simply need a direction that feels true to who you are.

Every meaningful life is built one decision at a time.

Keep moving forward.

What's Next?

Part 3: The Habit & Momentum Builder Workbook

Now that you have greater clarity about what matters to you, it's time to build the habits, routines, and systems that help you create consistent progress.

Because purpose without action remains a dream.

And action is where transformation begins.

 *Part of The Becoming Series*