

Date:

MY CORE VALUES

We all want to live in alignment with our values. But what do we really value, and how do we know if we are living in congruence? In this activity, you'll identify your top values and create directives, or rules, that keep you on track to living them. You'll also identify situations that often pull you away from your values and the best of who you are—and you'll proactively decide how to re-align when that happens. There are five major areas of our lives that we all care about - our health, relationships, emotional well-being, career/mission, and lifestyle. Use the boxes below to brainstorm what matters to you most in each area - what you value the most - and then pick your #1 value in each area.

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Of those, the #1 value would be...	Of those, the #1 value would be...	Of those, the #1 value would be...	Of those, the #1 value would be...	Of those, the #1 value would be...
Set a rule to ensure that you lived this #1 value consistently.	Set a rule to ensure that you lived this #1 value consistently.	Set a rule to ensure that you lived this #1 value consistently.	Set a rule to ensure that you lived this #1 value consistently.	Set a rule to ensure that you lived this #1 value consistently.
How can you bounce back if this rule is broken?	How can you bounce back if this rule is broken?	How can you bounce back if this rule is broken?	How can you bounce back if this rule is broken?	How can you bounce back if this rule is broken?

STEPHANIE
OLEGARIO

PATHWAYS OF PURPOSE

A JOURNEY OF REFLECTION,
DISCERNMENT, AND INTENTIONALITY

A WORKSHOP SERIES



CULTIVATING SELF-AWARENESS

**YOU'RE HERE.
IT'S YOUR JOURNEY.**

AGENDA

- Introduction
 - Why is it important to be more self aware?
- Types of Self-Awareness
 - Internal
 - External
- Techniques

IMPORTANCE OF SELF-AWARENESS

Why is it important to be self-aware?

- Increases confidence
- Helps manage and regulate emotions
- Reduces stress
- Understanding your strengths and weaknesses
- Increases self-compassion
- Helps you live in alignment to your values
- And so much more...

TYPES OF SELF-AWARENESS

What is self awareness?

Your ability to perceive and understand the things that make you who you are as an individual, including your personality, actions, beliefs, emotions and thoughts.

Two types:

Internal and External



TYPES OF SELF-AWARENESS

Internal self-awareness

Seeing how our own values, passions, reactions, impact on others and how we fit in our environment.

External self-awareness

Understanding how other people view us in terms of our values, passions, reactions, impact on others and how we fit in our environment.



TECHNIQUES

CORE NEEDS & CORE VALUES

CORE NEEDS

- The foundation of your health and wellbeing
- What makes you feel safe?
 - Ex. Emergency Fund, Personal Space, Privacy
- Fundamental beliefs and highest priorities in your life that drive your behaviour

CORE VALUES

- What is important to YOU?
 - Ex. Family, Freedom, Connection, Learning, Success, Adventure, Wealth, Happiness, Fun, Spirituality, Friends, Community

CORE NEEDS

Take a moment to create your “safe list”

- Ex. Adequate sleep, safe place to express emotions, sense of community, clean home, having a support system
- Put it as a note on your phone to refer to

1:55



< Notes



Stephanie's safe list

Proper Breathing

Adequate sleep

A source to hold space

A safe place to express emotions

A sense of community and belonging

Stability

Happy loving spouse

Brightly lit home

Clean house no clutter

Safe space to just be

Have a support system in place

Non judgmental friends and growth friends

6 month emergency fund

CORE VALUES WORKSHEET

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in this area of your life?

RELATIONSHIPS

What do you value the most
in this area of your life?

CAREER/MISSION

What do you value the most
in this area of your life?

EMOTIONAL WELL- BEING

What do you value the most
in this area of your life?

LIFESTYLE

What do you value the most
in this area of your life?

CORE VALUES WORKSHEET

- **Narrow them down to the #1 value**
- **Set a rule to ensure that you live the #1 value consistently**
- **Note how to bounce back if this rule is broken**

CORE VALUES

Take some time this week to go through the Core Values worksheet

- Make it a self-care ritual!
- Refer to it often and update it each year or with any life change

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DISCERNMENT

- Ability to understand and perceive things clearly - especially when it's not obvious or straightforward
- Combine the practices when doing pattern work
 - Witnessing
 - Connecting with body
 - Discernment



THE ART OF WITNESSING

The Art of Witnessing

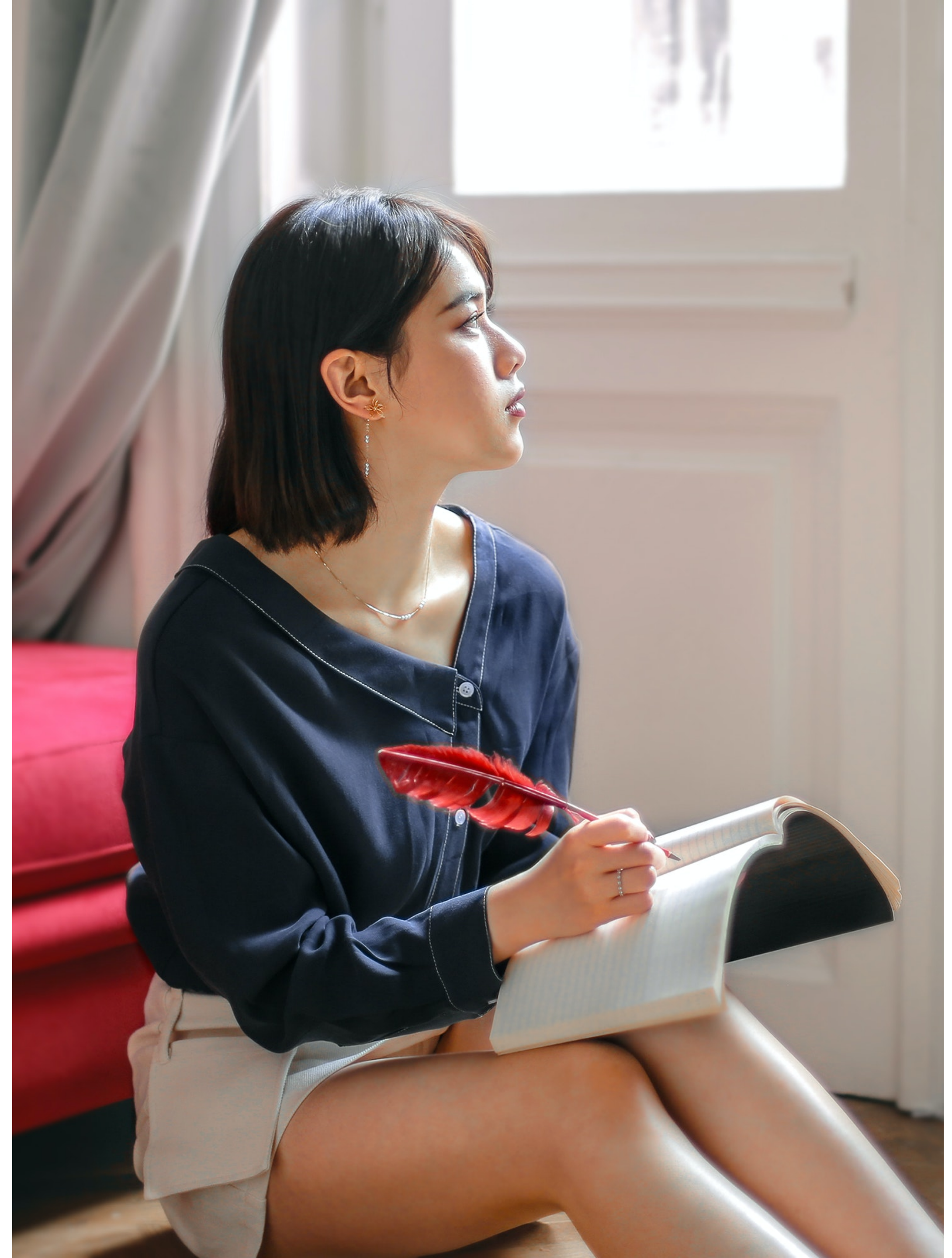
- Be present
- Observe the event
- Step back and Acknowledge - do not attach
- Notice initial sensations in body
- If in reaction - witness, then Document and reflect

Reflect:

Describe the behavior just witnessed.

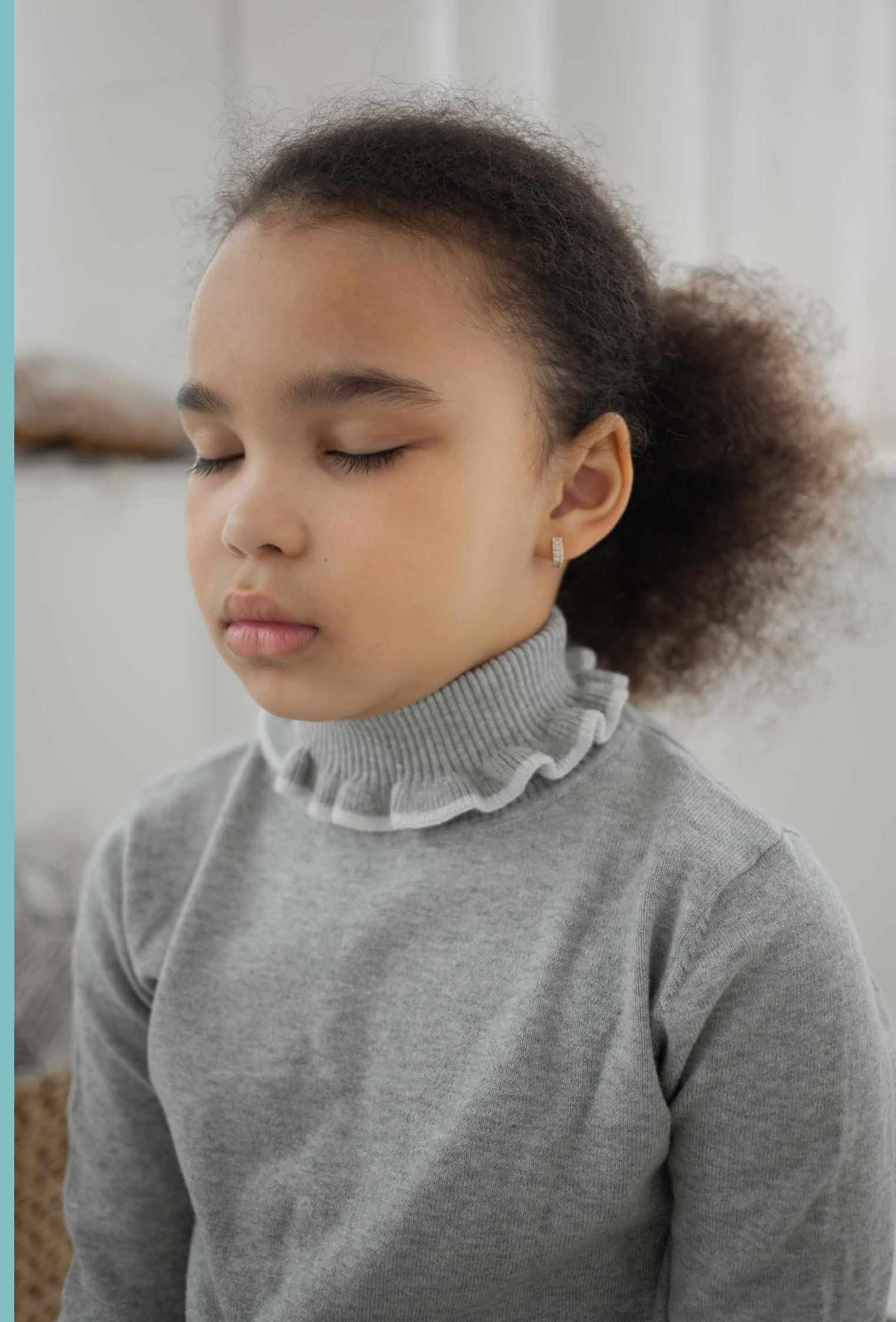
Ask - what did I learn about myself just now?

What is something that I can take away for the future?



CONNECTING WITH BODY

- Your body is a compass
- Feeling constrictive vs expansive
- Being mindful and in your body
- Be Aware of dissociating or avoidance
- Taking time to constantly check in



DISCERNMENT

- Who's voice is this?
- Where have I heard this before?
- Do I believe in this myself?
- How do I know if this is true?
- Am I choosing this to now be mine?



LIMITING BELIEFS VS TRUTH

- **Is this something that I heard from someone else?**
- **What proof is there that this is actually true?**
- **Why am I choosing to identify with this?**
- **Do I truly believe this about myself?**
- **Would I tell this to my younger self?**

