



Miriam Castilla

LIFE ON PURPOSE

UNCOVER YOUR CORE VALUES

YOUR ROADMAP TO LIFE ON PURPOSE

#LIFEONPURPOSE

STEP 1

Listen to the 'Uncover Your Core Values' Hypnotic Meditation. [LISTEN HERE](#)

STEP 2

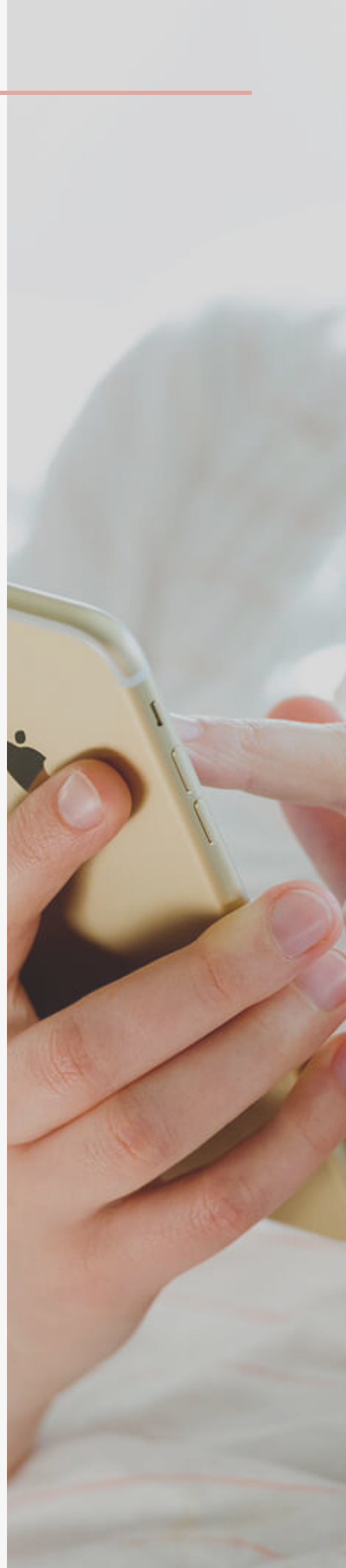
Have a piece of paper ready to write down dot points of what made you FEEL amazing. eg: Connection, Nature, Fun, Love, Security

STEP 3

Group them together where things mean the same thing or are sub-categories of one another (but keep them separate if they MEAN different things to you)
eg: Fun, Joy, Laughter = HAPPINESS or
Security, Safety = SECURITY

STEP 4

List your VALUES on the next page. You don't have to have 16, but you definitely want more than 5. An ideal number to start with is around 8-12, but everyone is different.



MY VALUES

01

02

03

04

05

06

07

08

09

10

11

12

13

14

15

16



STEP 5

Start with the first value & decide if it ranks higher or lower than the next one on the list.

STEP 6

Retain the higher ranking value & compare it to the next one on the list – which ranks higher?

STEP 7

Again, retain the higher ranking one & compare to the next one on the list. Continue this process until you've worked through the list.

STEP 8

YOU NOW HAVE YOUR NUMBER 1 VALUE!
WRITE IT IN THE NUMBER 1 SPOT (on the next page) and cross it off the list.



STEP 9

Remember the last Value you compared your #1 to? Start with that one and continue through the list below it. Complete steps 5 – 8 (ignoring the crossed off Value) to find your Number 2 Value.
REPEAT THIS PROCESS UNTIL YOU HAVE YOUR TOP 5 VALUES

MY TOP 5 VALUES

01

02

03

04

05

STEP 1 Work through the process again within those Top 5 Values to accurately determine your 3 Core Values

MY 3 CORE VALUES

01

02

03

CONGRATULATIONS



YOU'VE UNCOVERED YOUR TOP 5 VALUES & YOUR 3 CORE VALUES

Commemorate them with a special poster or in some other form. Place them where you'll see them often! They're critical to your happiness and will act as a powerful guide when you make big decisions.

Whenever you can't decide whether to say YES or NO to something, just refer to your Core Values and make a decision that is aligned with what's truly important to you – not anyone else.

Don't be afraid to revisit and repeat this exercise every now & then.

Your values naturally change over time. To continue discovering what's truly most important to you - and how to get it – grab yourself a FREE copy of my book "Today's Woman - Life Balance Secrets: Practical Tips & Tricks for Overcoming Stress, Guilt & Overwhelm".

All you need to do is cover the Shipping & Handling and I will post it straight out to you – anywhere in the world! If you'd like me to sign it, just add a note to let me know when you place your order. To get your Free Copy just by covering the Shipping & Handling, simply go to:
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