



VALUES EXPLORATION WORKBOOK

DISCOVER YOUR CORE VALUES FOR
A STRONGER SENSE OF SELF

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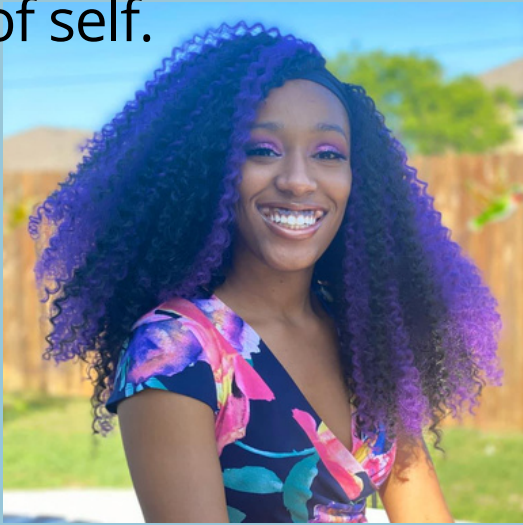
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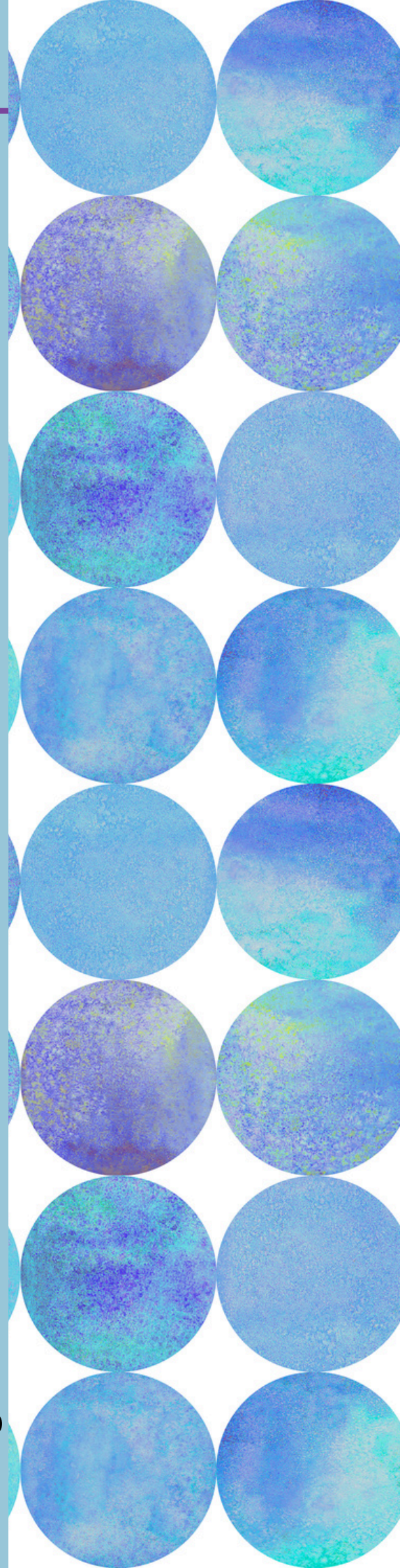
01

Welcome to Stellar Life Therapy

Welcome to the Stellar Self-Discovery Workbook! This guide is here to help you explore and understand your core values more deeply. By the end, you'll gain clarity on what truly matters to you and learn how to align these values with your daily life. Let's embark on this journey together to build a stronger, more authentic sense of self.



Hello, I'm Raya! With a unique background in K-12 education and a deep focus on Cognitive Behavioral Therapy, I'm here to support you on your journey toward self-discovery and personal growth. Together, we'll work to unlock your full potential, creating a path that aligns with your values and





02 Why Values Matter

Values are the guiding principles that shape who we are and influence every part of our lives, from the choices we make to the relationships we build. **They reflect what's most important to us, helping us understand what truly matters and giving us a sense of direction and purpose.**

The Role of Core Values

Core values act as a compass, guiding how we make decisions, interact with others, and approach challenges. Many of our values are shaped by life experiences, family, and culture, influencing our worldview and behavior. Understanding these values can help us live with more intention and authenticity, creating a foundation for a fulfilling life.

How Values Influence Our Lives

When we live in alignment with our values, we feel more at ease and true to ourselves. But when our actions conflict with our core beliefs, it can lead to inner tension and confusion. By identifying and clarifying our values, we gain the ability to make decisions that support our goals, maintain healthier relationships, and handle life's ups and downs with resilience.



03

Discover Your Core Values

Take a moment to set up a quiet, comfortable space where you can focus on the questions ahead. Reflect on each question fully—this is your time to gain insight into your personal values.

Reflection Questions:

- **Choose your top 5 core values from the following list (you can add any not listed below) :**

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:

List 3-5 people who have significantly influenced your life and describe how each has shaped your values



Briefly describe your upbringing and any key influences on your values

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What values were emphasized in your family during your upbringing?

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Reflect on any of those values. Which ones resonate with you today, and why?

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:



Think about times when you felt proud, fulfilled, or satisfied. What values were you honoring in those moments?

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Describe a time when you felt disappointed or upset. What values were not being honored in that situation?

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What are your top 3 core values?

- Honesty
- Integrity
- Compassion
- Respect
- Responsibility
- Family
- Loyalty
- Achievement
- Creativity
- Kindness
- Other:



04 Living Your Values

How do these values currently show up in your daily life?

Consider how you live out these values in your everyday actions and interactions. Are you making decisions that align with these values? Think of specific examples where you demonstrate these values, whether in your relationships, work, or personal life.

Are there areas in your life where you feel disconnected from these values?

Reflect on moments where your actions or decisions don't align with your values. Are there areas of your life where you feel conflicted or inauthentic? Think about times when you've acted out of habit or pressure rather than staying true to your core beliefs.



What small changes could you make to align your actions more closely with your core values?

Consider practical, small steps you could take to better live out your values. What could you change in your daily routine, mindset, or relationships to better reflect your core values? Start with actions that are realistic and attainable.

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What challenges or obstacles might prevent you from living according to these values?

Think about the factors that make it difficult for you to stay aligned with your values. This could be time constraints, external pressures, or habits that are hard to break. Acknowledge these obstacles so you can begin to address them.

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What's one concrete action you can take this week to live out one of your core values?

Identify a specific, practical step you can take in the coming week that reflects one of your core values. It could be something as simple as having an honest conversation, showing kindness to yourself or others, or learning something new. Make sure it's an action that feels doable within your current schedule.

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How would aligning your values with your daily life impact your overall well-being?

Reflect on how living in alignment with your core values could positively affect your mental, emotional, and even physical well-being. Would it reduce stress or anxiety? Increase your sense of fulfillment or purpose? Consider how this alignment might bring more balance and peace to your life.

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05 Next Steps

CONGRATS!!

Congratulations on Completing the Stellar Self-Discovery Workbook!

Now that you've explored and clarified your core values, it's time to bring them into your everyday life. As you move forward, continue practicing mindfulness by regularly checking in with yourself to see how well your actions align with what truly matters to you. Let your values serve as a compass to guide decisions, face challenges, and create more meaningful experiences.

Engage in activities that reflect your values, support your personal growth, and foster a deeper sense of fulfillment. Embracing your values can empower you to live with more clarity, purpose, and resilience.

For ongoing support, consider scheduling a coaching session to deepen your self-awareness, nurture your growth, and strengthen your alignment with your core values.

Your Partner in Progress

ILLUMINATING YOUR PATH TO CLARITY AND FULFILLMENT



Therapeutic Support

Academic Support



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Ready to take the next step?