



HELLO THERE!

Welcome to the journey of becoming your best self!

You've made the decision to intentionally create your most extraordinary life. I want you to know that simplifying and reclaiming control of your life and home is possible...and here is the guidance and support you need!

JUST BE, LLC.

BRIANA AND ERICA

There are several steps to reclaiming the life you desire, and refocusing so you can just BE. Those steps include defining or revisiting your core values, declaring how you want to feel, decluttering your mental and physical space, shifting your mind, and living intentionally.

This worksheet focuses on step one of the journey, defining or revisiting your values. Which will require deep, meaningful reflection, clarity, and action.

You will accomplish this by:

- Identifying your core values and learning their importance in your life
- Reflecting on times when your beliefs revealed themselves or were compromised
- Deciding who you want to be and how you want to live

Question, do you know off hand what your core values are? Here's a clue, they are the things you hold dear that direct your behaviors. Essentially, what you deem fundamentally important. Knowing your core values are key to creating and achieving your goals. Ultimately, your life will be unfulfilling if you do not align your goals/life/home to them.

So, let's get to identifying your core values!

REMINDER:

FEEL THE
FEAR AND
DO IT
ANYWAYS..
YOU ARE
WORTH IT

CORE VALUES ROADMAP

1

ASK YOURSELF A FEW OF THESE QUESTIONS

What gives my life the most meaning?

What is most important to me?

What could I not live without?

What gives me a sense of purpose?

Thinking about a significant time in your life, what beliefs were being honored?

Thinking about a time you were frustrated or unhappy, what belief was being suppressed?

Ultimately, how do you want to feel?

2

LIST 5-10 VALUES THAT DESCRIBE THE PERSON YOU ARE OR WANT TO BE(COME)

What values are essential in making life decisions?

What values support who you want to be(come)?

What values reflect how you want to live and feel?

What values reflect how you want your home to feel?

RANK YOUR VALUES

3

Are they consistent with who you are being, and how you are living, right now?

Will your listed values move you towards creating the life you desire and deserve?

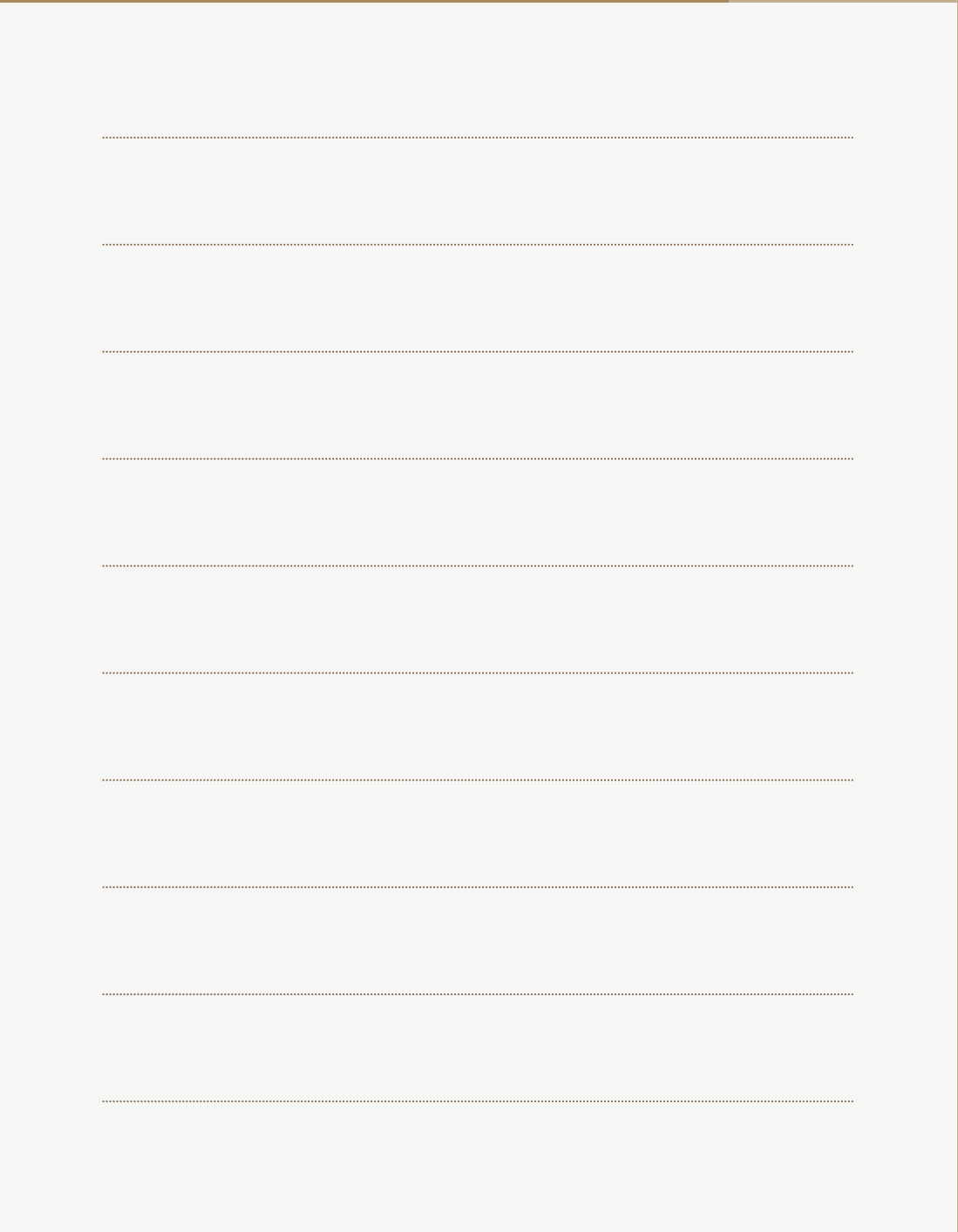
Is there one value that impacts your life more than the others?

YOUR CORE VALUES

Remember, everything you want for your life is right on the other side of your decision to align with your values. It is time to enlighten your soul, by creating a life and home that supports you feeling exactly how you want to...everyday...from now on! The beautiful thing is that remembering your values will help you to let go of a life that disconnects you from what fulfills and supports you. Here are a few examples to choose from:

- achievement
 - adventure
 - beauty
 - brilliance
 - compassion
 - connection
 - courage
 - creative
 - dedication
 - discipline
 - fair
 - family
 - friendship
 - fun
 - grateful
 - generous
 - happiness
 - health
 - home
 - honest
 - hopeful
 - inner strength
 - integrity
 - intentional
 - joy
 - kind
 - kinship
 - leader
 - learning
 - love
 - loyalty
 - money
 - motivation
 - nature
 - obedience
 - optimism
 - order
 - passion
 - patience
 - peace
 - power
 - respect
 - resilient
 - responsible
 - safety
 - service
 - spirituality
 - structure
 - tidiness
 - time
 - tribe
 - trust
 - wealth
 - winning
 - wisdom
-

YOUR NOTES



A white rectangular area containing ten horizontal dotted lines for writing notes.

JUST BE...



WHAT'S NEXT?

Let us know when you have completed this worksheet so we can support you on the phase of the journey to living the life you desire and deserve...to just BE!