



VALUED LIVING

Dalia Halabi



Welcome

This workbook is designed to support you in reconnecting with your personal values and taking meaningful actions that align with them. Sometimes life can present us with unexpected obstacles and setbacks, causing us to lose touch with what truly matters to us. However, by engaging in valued living and living in alignment with our values, we can cultivate resilience, find inner fulfillment, and navigate through difficult times with a sense of purpose and authenticity.

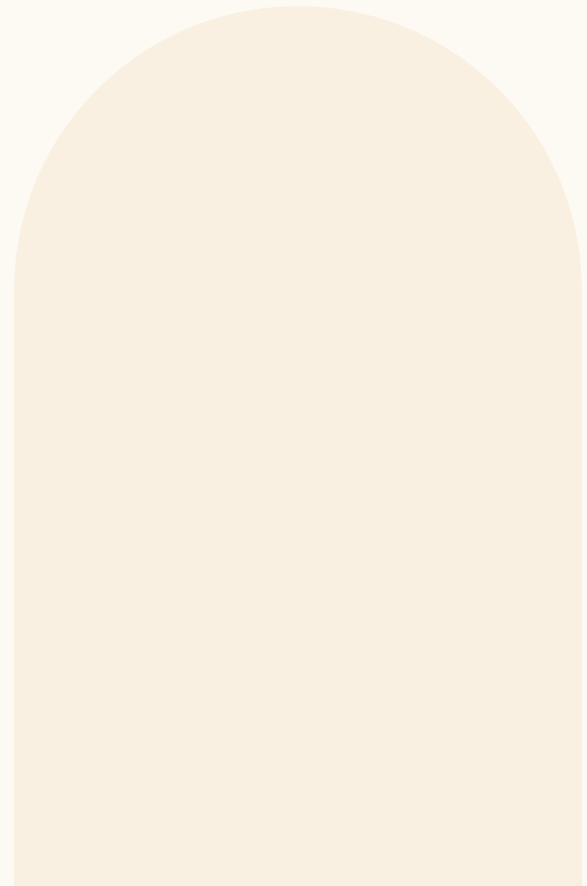
In this workbook, you will embark on a journey of self-discovery, reflection, and action as you explore your values, identify the impact of current challenges, and develop strategies to reconnect with your values. Remember, no matter the circumstances, it is never too late to realign with your values and create a life that truly reflects who you are and what you hold dear.

"Embrace the challenges that come your way, for within them lie the seeds of growth and the power to discover your true strength."

Valued Living During Challenging Times

It's common for individuals to lose touch with their values during stressful periods, and those with a strong inner critic may perceive this as a personal flaw. However, it's crucial to understand that it's never too late to reconnect with your personal values. The purpose of this exercise is to remind you of your values and not to assign blame for losing that connection.


Living in line with your values doesn't always mean fixing a problem, especially when certain circumstances are beyond your control. For instance, if you've been diagnosed with an incurable disease, you may feel that living in line with the value of "health" requires a miracle. In such cases, it's important to shift your focus towards the question: "What kind of person do I want to be in these circumstances?" This question directs your attention to values that can be influenced by your own actions, such as regulating your emotions, practicing kindness, expressing gratitude, and so on.



Remember, reconnecting with your values doesn't have to be an exact replica of your past actions. You have the freedom to explore different ways of living in line with the same value. This is the beauty of this tool—it encourages you to be dynamic and creative in finding ways to align with your values.

STEP 1:

Describe a challenging situation you're currently experiencing?




STEP 2:

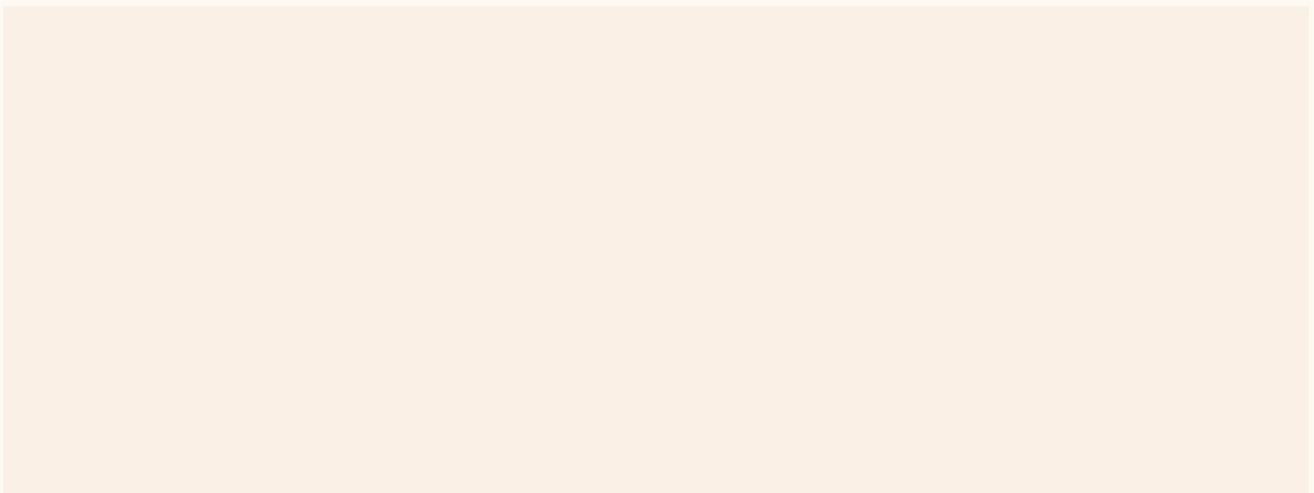
Consider three values with which you have lost touch with because of the situation you described above. A list of possible values is provided in Appendix A

Value 1:

What it means to me:



Why it is important to me:

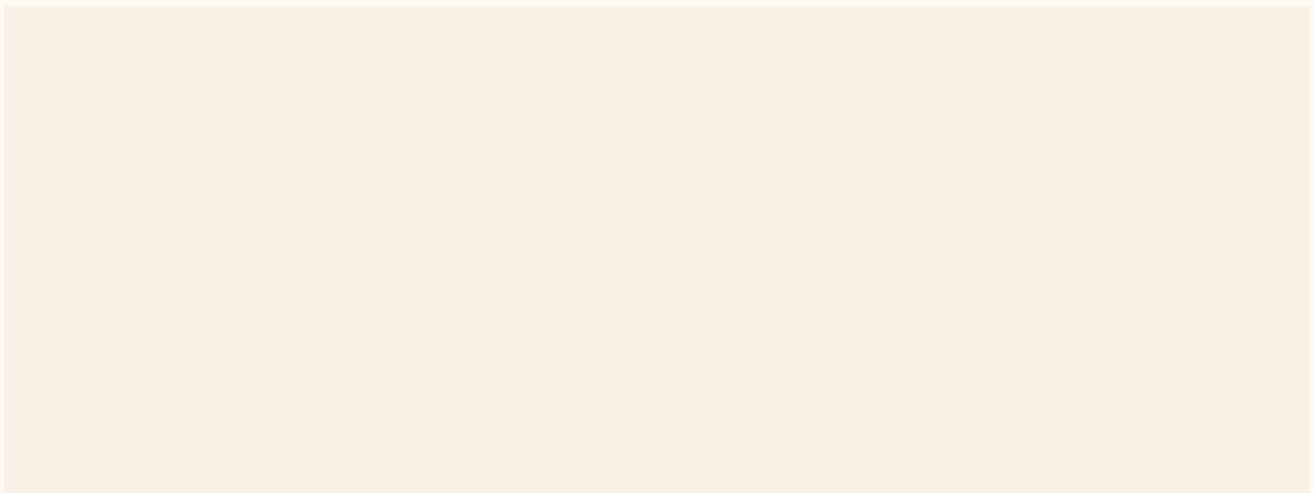


Value 2:

What it means to me:



Why it is important to me:

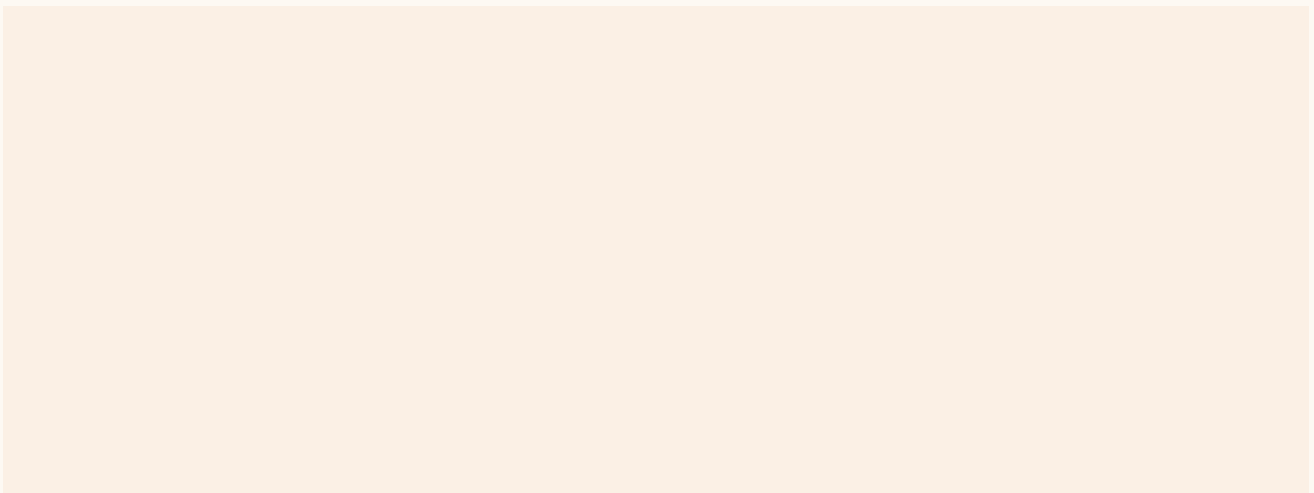


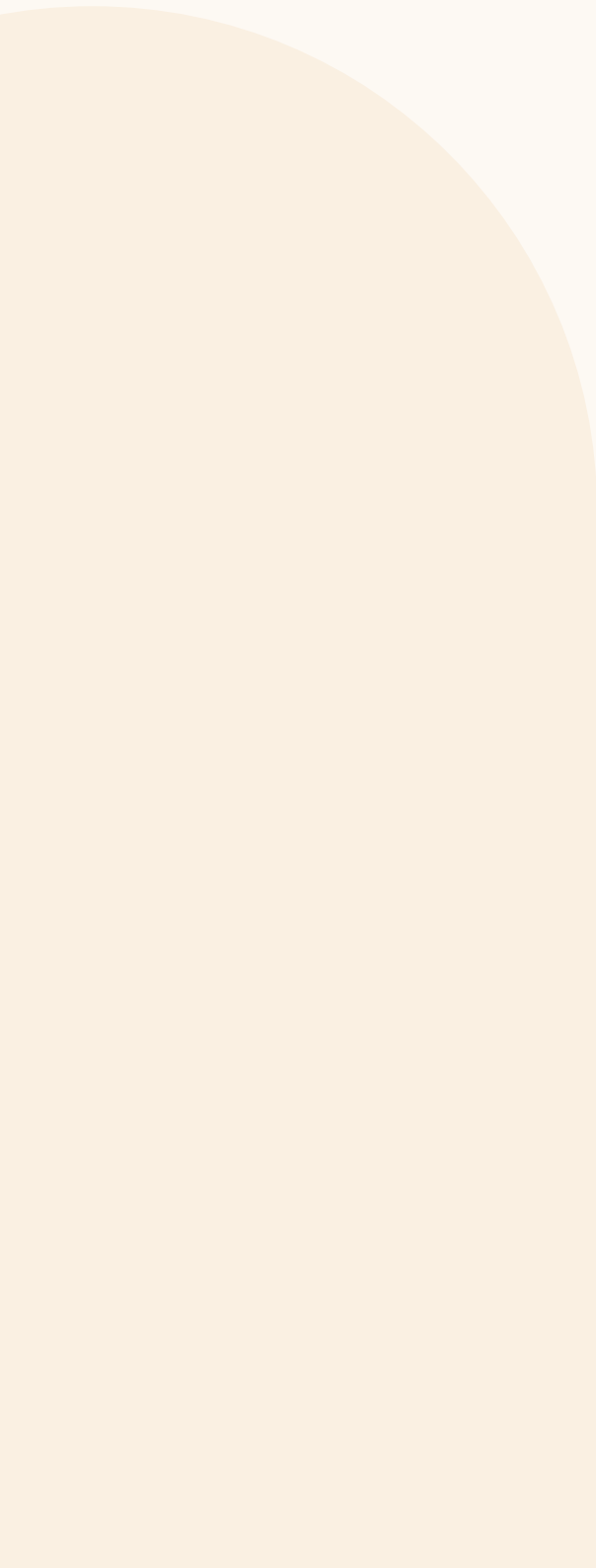
Value 3:

What it means to me:



Why it is important to me:





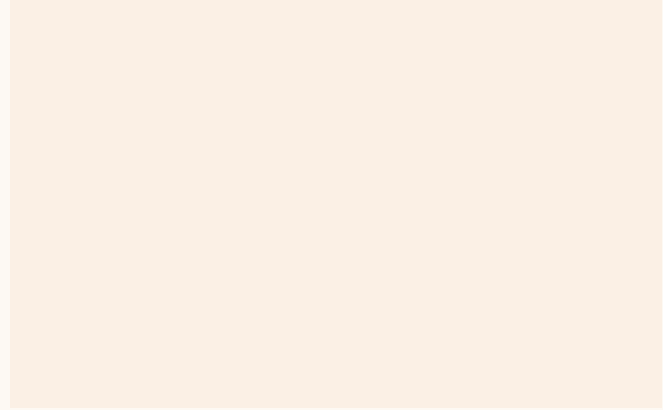
The values you identified in the previous step offer insights into your ideal self, representing the person you aspire to become. Although this challenging life event may currently hinder you from fully embodying your ideal self, you have the power to take action and reconnect with your values, even within the limitations of your circumstances. Don't let your present situation prevent you from living in alignment with your values.

STEP 3:

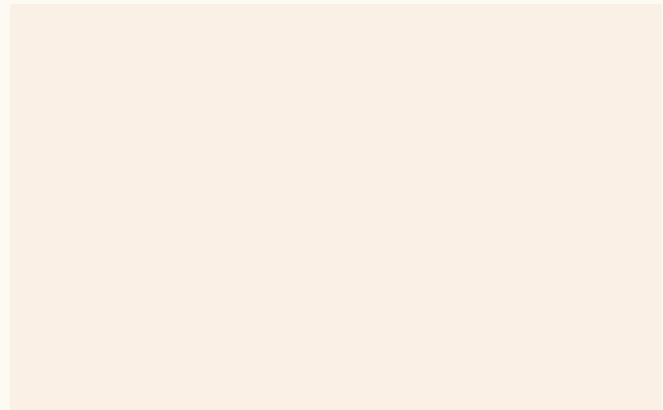
Considering the values you listed in Step 2, take a moment to think about the actions you can undertake right now. What steps can you take to reestablish a connection with these values? How can you manifest, to the best of your ability, the person you aspire to be given the current circumstances? Keep in mind that living in line with your values might look different now compared to how you have previously lived them. For instance, if you have recently lost your job and one of your core values is providing for your family, an action you could take to reconnect with this value might involve taking over the responsibility of cooking meals for your family. Alternatively, if an illness prevents you from physically meeting your friends, you can still connect with them through video calls or other virtual means.

For each value, come up with as many possible valued actions as you can, no matter how small:

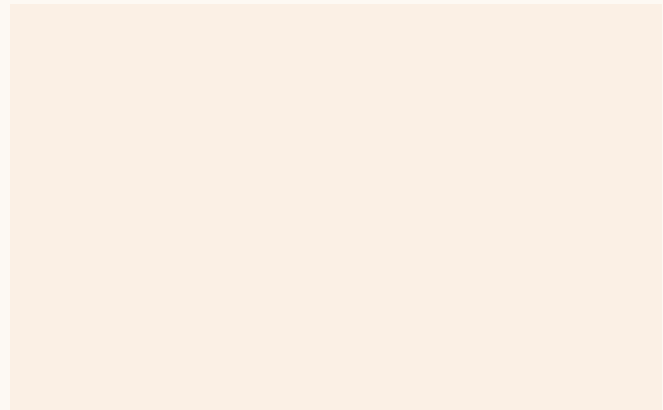
VALUE 1:



VALUE 2:



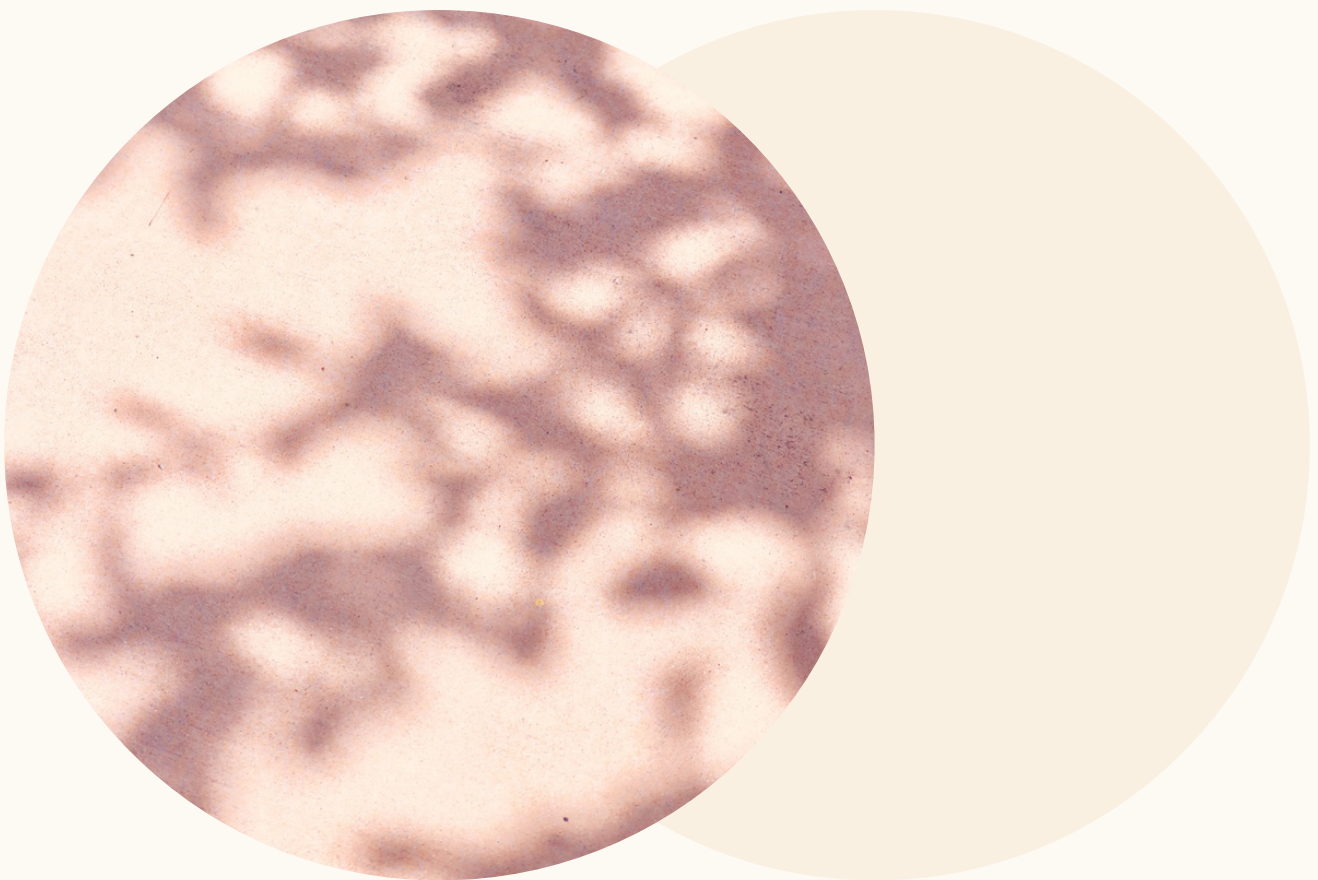
VALUE 3:



STEP 4:

While you are going through this challenging event, it's important to stay connected to your values. Remember to ask yourself periodically: "What can I do now to live in line with my values despite these circumstances?"

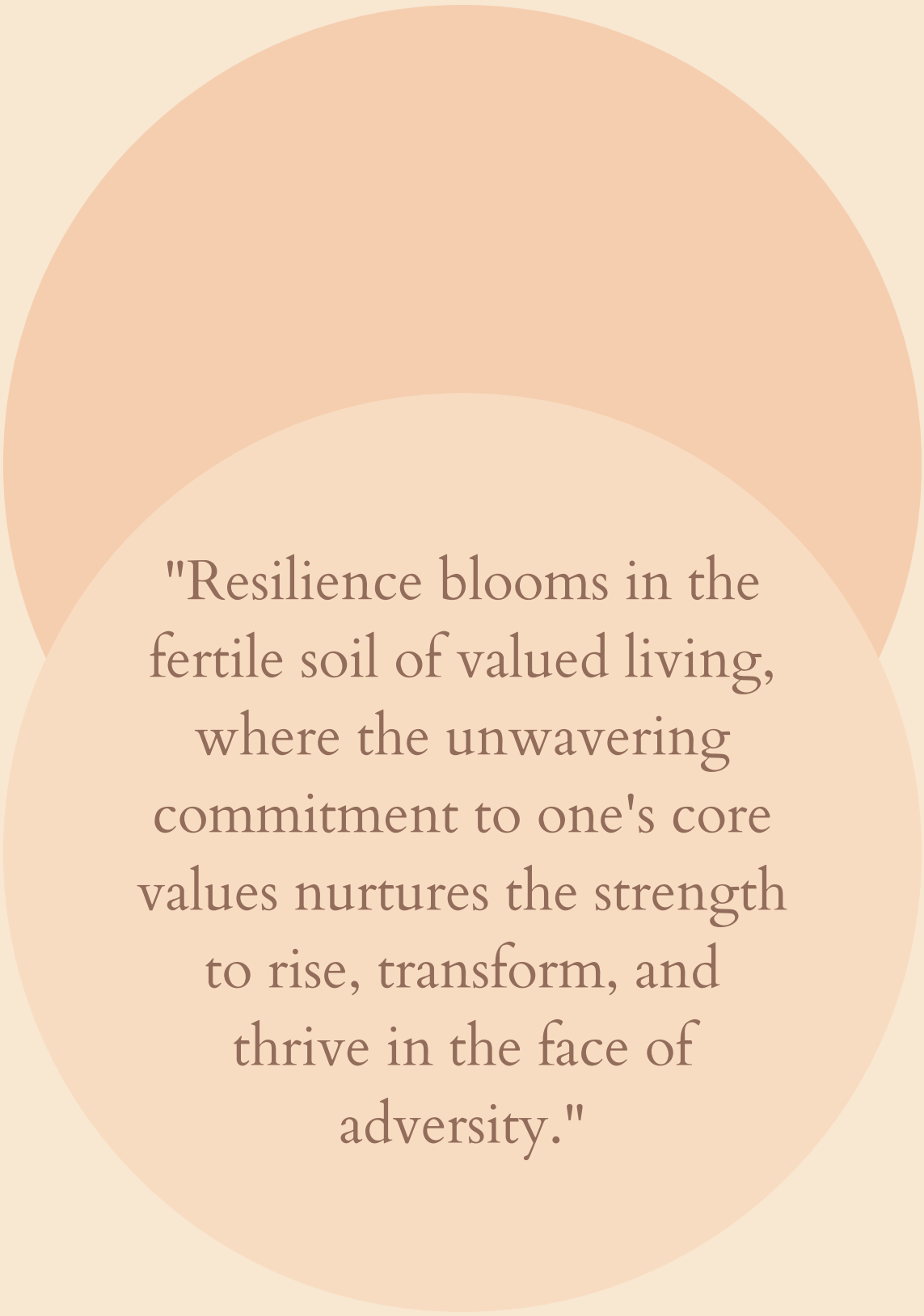
Review the actions you identified in Step 3 and start with the action that seems most feasible or appealing to you at this time. By taking action, you will be moving towards the person you want to be, even in the midst of difficulties.



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"Resilience blooms in the fertile soil of valued living, where the unwavering commitment to one's core values nurtures the strength to rise, transform, and thrive in the face of adversity."

Appendix A: Examples of common values

Acceptance	Efficiency	Inner Harmony	Quality
Achievement	Elegance	Inspiration	Radiance
Advancement & Promotion	Entertainment	Integrity	Recognition
Adventure	Enlightenment	Intellect	Relationships
Affection	Equality	Involvement	Religion
Altruism	Ethics	Knowledge	Reputation
Arts	Excellence	Leadership	Responsibility
Awareness	Excitement	Learning	Risk Safety & Security
Beauty	Experiment	Loyalty	Self-Respect
Challenge	Expertise	Magnificence	Sensibility
Change	Exhilaration	Making a Difference	Sensuality
Community	Fairness	Mastery	Serenity
Compassion	Fame	Meaningful Work	Service
Competence	Family	Ministering	Sexuality
Competition	Fast Pace	Money	Sophistication
Completion	Freedom	Morality	Spark
Connectedness	Friendship	Mystery	Speculation
Cooperation	Fun	Nature	Spirituality
Collaboration	Grace	Openness	Stability
Country	Growth	Originality	Status
Creativity	Happiness	Order	Success
Decisiveness	Harmony	Passion	Teaching
Democracy	Health	Peace	Tenderness
Design	Helping Others	Personal Development	Thrill
Discovery	Helping Society	Personal Expression	Unity
Diversity	Honesty	Planning	Variety
Environmental Awareness	Humor	Play	Wealth
Economic Security	Imagination	Pleasure	Winning
Education	Improvement	Power	Wisdom
Efficiency	Independence	Privacy	

Thank You

As you close this workbook, remember that the challenges you face are not meant to define you, but to refine you. Embrace the lessons learned, draw strength from within, and step forward with resilience, knowing that you have the power to create a future aligned with your truest values and aspirations.



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