

# REDEFINING

"Me"

## Step 1: Identify core values

Read through this example list of values highlighting which ever jump out at you as being important. Try not to over think it- there's no wrong or right answers! Feel free to add you own as well.

- |                |                |               |                 |                |
|----------------|----------------|---------------|-----------------|----------------|
| Abundance      | Credibility    | Grace         |                 | Skillfulness   |
| Acceptance     | Daring         | Gratitude     | Order           | Self-control   |
| Accountability | Decisiveness   | Happiness     | Openess         | Smart          |
| Achievement    | Dependability  | Hard work     | Organization    | Spirituality   |
| Advancement    | Dedication     | Health        | Passion         | Spontaneous    |
| Adventure      | Determination  | Harmony       | Patience        | Stability      |
| Advocacy       | Development    | Honesty       | Peace           | Strength       |
| Altruism       | Dignity        | Humility      | Perfection      | Structure      |
| Ambition       | Discovery      | Humor         | Persistence     | Success        |
| Attractiveness | Empathy        | Hope          | Playfulness     | Support        |
| Authenticity   | Enthusiasm     | Honor         | Popularity      | Teamwork       |
| Balance        | Expressiveness | Imagination   | Power           | Thankfulness   |
| Beauty         | Efficiency     | Improvement   | Professionalism | Thoughtfulness |
| Benevolence    | Empowerment    | Individuality | Prosperity      | Tolerance      |
| Boldness       | Ethics         | Integrity     | Preparedness    | Transparency   |
| Bliss          | Exploration    | Independence  | Purpose         | Trust          |
| Brilliance     | Fairness       | Innovation    | Present         | Traditionalism |
| Calmness       | Family         | Inspiration   | Quality         | Understanding  |
| Caring         | Friendship     | Intelligence  | Realistic       | Uniqueness     |
| Challenge      | Flexibility    | Intuition     | Reasonable      | Unity          |
| Cleverness     | Freedom        | Insight       | Recognition     | Usefulness     |
| Community      | Feelings       | Joy           | Respect         | Valor          |
| Comitment      | Focus          | Justice       | Responsibility  | Versatility    |
| Compassion     | Fortitude      | Kindness      | Reverence       | Vitality       |
| Cooperation    | Fun            | Knowledge     | Risk Taking     | Viability      |
| Comprehension  | Feelings       | Lawful        | Safety          | Warmth         |
| Connection     | Focus          | Leadership    | Satisfaction    | Well being     |
| Condsideration | Fortitude      | Learning      | Self reliance   | Winning        |
| Constancy      | Fun            | Logic         | Selflessness    | Wisdom         |
| Contentment    | Feelings       | Love          | Sensitivity     | Wealth         |
| Capable        | Fidelity       | Loyalty       | Serenity        | Wonder         |
| Cheerfulness   | Generosity     | Mastery       | Service         |                |
| Courage        | Goodness       | Maturity      | Sharing         |                |
| Creativity     | Growth         | Meaning       | Silence         |                |
| Control        |                | Motivation    | Simplicity      |                |
| Curiosity      |                | Originality   | Sincerity       |                |
- Others:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Step 2: Create Themes

Organize and group similar values from step 1 into about 3-5 themes. Name the overall theme of those values, or you can use one of the values to represent the group.

*Meadowlark*

COUNSELING, SUPERVISION, & CONSULTATION

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*"Me"*

## Step 3: Reconnect

Give an example of how you are still true to this core value despite your life being different. No example is too small!



Meadowlark

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THOUGH MY LIFE MAY BE DIFFERENT,  
I AM STILL ME.

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| Courage        |                | Maturity      |  |                |
| Creativity     |                | Meaning       |  |                |
| Control        |                | Motivation    |  |                |
| Curiosity      |                | Originality   |  |                |
|                |                |               |  | <b>Others:</b> |
|                |                |               |  | _____          |
|                |                |               |  | _____          |
|                |                |               |  | _____          |

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Friendship  
Community  
Family  
Connection  
"Relationships"

Cleverness  
"Knowledge"  
Intelligence  
Smart  
Wisdom

Playful  
Humor  
Fun  
"Happiness"  
Joy

Well being  
Peace  
Serenity  
Bliss  
"Harmony"

Wonder  
"Exploration"  
Discovery  
Adventure

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## Step 3: Reconnect

Give an example of how you are still true to this core value despite your life being different. No example is too small!

### Relationships:

I try to focus on my connection with the baby whenever he nurses

### Knowledge:

I enjoyed learning something new about deep breathing today

### Happiness:

I found happiness today in watching him make funny faces in the mirror

### Harmony:

I attained some peace by taking a 10 minute break to myself and sipped a cup of tea

### Exploration:

We went on an adventure today by going outside and letting him put his feet in the grass

THOUGH MY LIFE MAY BE DIFFERENT,  
I AM STILL ME.