



creative WELL

FOR A CREATIVE LIFE, WELL LIVED

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What matters
- to **you**?



YOUR CORE VALUES

What really matters - to you?

This question is the first step in creating your Rudder Board - your touchstone for staying on track, and making decisions that align with your vision for your life.

(That fabulous, happy, healthy and successful version of you that you know is in there.)

Getting clear on your core values will mean less time spent in that confused and slightly anxious state of wondering what you should be doing.

As a bonus side-effect, this clarity will naturally, effortlessly, spark ideas about how to incorporate more of what really matters into your life.

Doing more of the things that matter to you is a recipe for more happiness and fulfilment, which also happens to be good for your health.

So, it's really worth spending a little time with this question.

And today's task is just that - to simply give some thought to what's important to you.

What do you care deeply about?

What do you value?

Step 1:

Use the space on the next page to brainstorm, mind map or free write any words that come to mind as things that are important to you, however slight, trivial, silly or frivolous they seem - to you or to others.

You might begin with things like family, health, your work, your faith, nature and the environment, etc...

After you've thought of the main ones, see if you can keep going.

Keep digging for those precious gems of insight about which of the many aspects of life are important to you.

And try not to judge what comes up - remember;

If it matters to you - it matters.



What *really* matters to me?

Step 2:

Hopefully, you have a good long list of all the things you love about life, all the aspects that you care about.

This is the spectrum of your happiness!

As a complex and multi-faceted being, there's likely to be many aspects of life that you value, and this exercise is the space to both acknowledge them and to refresh your memory.

(Sometimes we forget what's important to us...)

But in the interests of wooing clarity and avoiding overwhelm, we're going to reduce this spectrum to a few key colours that you can use as the core palette, or the foundation for your life.

The idea here is to get clear on what matters *most* - the non-negotiables of your happiness.

It's a time to be selective and reduce all these ideas down to a handful of words.

If any naturally fall into the same group, see if you can find a single word that sums up the whole range of words. For example; travel, discovery and new challenges may all come under the term; Adventure.

Also, words have their own vibration and mean different things to different people. So, go with the words that resonate the most with you. Trust your intuition.

And there's no need to labour too much over this, it's simply a starting point. You can tweak and alter it over the days ahead.

When you have a short list that feels good to you, write them in the box on the following page.

You might have 3 clear non-negotiables, or you may have 7 or 8 essential aspects. Choose the selection that feels best to you.

This is the first draft of your Core Values.

My Core Values

THE NON-NEGOTIABLES OF WHAT MATTERS TO ME

*“When your values are clear to you,
making decisions becomes easier.”*

~ Roy Disney

*If it helps, use this space to keep a secondary list of aspects
that you want to include in your life, even if they're not present at the moment:*

All for now!

Great work.

That's all for today.

But keep musing over these ideas whenever you remember.

And if you can, take a quick look at your notes before you go to sleep tonight.

Then be alert to any new ideas or flashes of insight that pop into your mind first thing in the morning or as you go about your day.

And feel free to add, change, tweak or delete anything you like as you discover more clarity over the next few days.

This is *your* process - doing it your way is the way to go.

Till tomorrow!

Danielle

