



---

# TINY TRUTHS & SACRED SHIFTS

Find Your Values, Align Your Life

---

A guided reflection to uncover what truly  
matters and move into alignment

**Tanya M. Thompson, MPA, CPM**  
Level Up Coaching



# WHAT ARE VALUES?

A value can be defined as "an enduring belief upon which a person acts".

- *Values have a cognitive component in that they involve thoughts about preferable ways to be, live, or act.*
- *Values also have an emotional component because we feel positively or negatively about them (they resonate with us or they don't).*
- *And, values have a behavioral component in that values often (but not always) drive our behavior (Limthanakom, Lauffer, Mujtaba, & Murphy Jr, 2008).*

Values are more enduring and long-lasting than either beliefs or attitudes (Limthanakom, Lauffer, Mujtaba, & Murphy Jr, 2008). We may change our beliefs about a particular topic (like a political party), but it's unlikely that the values driving that belief will change.

## TYPES OF VALUES

- **Instrumental values** are about desirable ways to act or behave (e.g., honest, responsible, loving).
- **Terminal values** are about desirable end states (e.g., health, freedom, family security; Gibson, Greenwood, & Murphy Jr, 2009).

- Gibson, J. W., Greenwood, R. A., & Murphy Jr, E. F. (2009). Generational differences in the workplace: Personal values, behaviors, and popular beliefs. *Journal of Diversity Management (JDM)*, 4(3), 1-8.

- 

Limthanakom, N., Lauffer, W., Mujtaba, B. G., & Murphy Jr, E. F. (2008). The Ranking Of Terminal And Instrumental Values By Working Professionals In Thailand, Singapore And The United States: What Is Important And How Do They Impact Decision-Making? *International Business & Economics Research Journal (IBER)*, 7(4).



# WHAT ARE YOUR VALUES?

- Ask yourself, how important are these values to you? Choose your top 3-5 values from the list below (or add your own).

- 
- |                 |                     |                    |
|-----------------|---------------------|--------------------|
| • Cooperation   | • Caring            | • Being thoughtful |
| • Discipline    | • Social Connection | • Citizenship      |
| • Determination | • Spirituality      | • Community        |
| • Balance       | • Stability         | • Fairness         |
| • Punctuality   | • Status            | • Fun              |
| • Innovation    | • Wealth            | • Generosity       |
| • Motivation    | • Responsibility    | • Growth           |
| • Perseverance  | • Openmindedness    | • Influence        |
| • Practicality  | • Likability        | • Recognition      |
| • Justice       | • Authenticity      | • Security         |
| • Knowledge     | • Compassion        | • Respect          |
| • Learning      | • Smarts            | • Self-Respect     |

# YOUR VALUES?

This image shows a full page of handwriting practice paper. It features ten sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is a light cream color, and there are no margins or other markings present.



# LIVING YOUR VALUES

## MAKE VALUES ACTIONABLE:

For each of your top 3-5 values, add a verb to it. That is, describe for yourself how you can live each of your values.

- For example, if your value is love, what will your action be? It could be to 'act with love', 'show love', or even 'receive love with acceptance'.
- If your value is optimism, your actions might be to 'look at life with optimism' or 'think optimistically'.
- If your value is health, your actions might be to 'eat healthfully', or 'build a healthy lifestyle'.

The goal here is to try to think of the actions that can help you live each of your top values.

This image shows a full page of white paper with horizontal dashed lines. The lines are evenly spaced and run across the entire width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.



# LIVING YOUR VALUES

## TAKING ACTION:

It feels better to live our values than not to live our values. So explore how you might engage in additional behaviors that are aligned with your values.

- Start by thinking about (or writing down) ways that you currently live each of your top 3-5 values. For example, if your value is adventurousness, what do you do to be adventurous?
- Next, ask yourself if you engage in any behaviors that go against your top 3-5 values. For example, in what ways are you not brave, wise, or compassionate (or whatever your values are)? If your value is patience, do you ever snap at your kids? Or, if your value is modesty, do you frequently brag about yourself? Try to notice ways in which you are not living your values.
- Lastly, ask yourself if there are new behaviors you could engage in to better live these values. For example, how might you be more creative, sociable, or honest (or whatever your values are)?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# YOUR NEXT SACRED SHIFT

If you want guidance turning these shifts into lasting habits, I offer a free 20-minute clarity call to help you create a simple, soulful plan.  
Ready when you are.

Book a Free Clarity Call

