

Values & Habits Mastery Toolkit

A practical step-by-step workbook to align your core principles with sustainable daily actions.

Step 1: Core Value Inventory

Review the 40 foundational values below. Highlight or circle the 10 words that resonate most strongly with you across all areas of your life.

■ Autonomy & Growth

- Independence: Freedom from outside control.
- Creativity: Expressing original ideas & imagination.
- Curiosity: Deep desire to learn and explore.
- Competence: Achieving high capability & mastery.
- Authenticity: Staying true to your own identity.
- Courage: Facing fear, pain, or difficulty bravely.
- Adaptability: Flexible and open to change.
- Wisdom: Using experience to make deep insights.

■ Connection & Humanity

- Compassion: Acting on deep sympathy for others.
- Belonging: Feeling accepted within a group.
- Loyalty: Being faithful to people or causes.
- Generosity: Giving freely of time or resources.
- Intimacy: Building deep, vulnerable connections.
- Respect: Treating others with high dignity.
- Fairness: Treating everyone equally and justly.
- Service: Contributing to the well-being of society.

■ Stability & Order

- Security: Freedom from risk or financial anxiety.
- Tradition: Preserving long-standing customs.
- Responsibility: Being reliable and accountable.
- Health: Prioritising holistic well-being.
- Discipline: Using self-control to achieve order.
- Harmony: Seeking peace, avoiding conflict.
- Integrity: Standing firmly by strong morals.
- Efficiency: Working in a well-organized manner.

■ Impact & Vitality

- Achievement: Reaching success and complex goals.
- Adventure: Seeking excitement and novel experiences.
- Influence: Having a significant impact on others.
- Vitality: Living with high energy and vigor.
- Legacy: Building something that outlasts you.
- Status: Gaining recognition and standing.
- Joy: Prioritising happiness and amusement.
- Justice: Standing up for what is morally right.

Step 2: The Forced Choice Matrix

From your highlighted list, group similar themes and ruthlessly narrow them down to your **Top 3 to 5 Core Values**. Write them down below alongside your personal definition of that value.

Core Value	Personal Definition (What does this mean to you?)
1.	
2.	
3.	
4.	
5.	

Step 3: Navigating Value Conflicts

Internal tension occurs when two core values pull you in opposite directions (e.g., *Security* demands saving money, while *Adventure* demands booking an spontaneous trip). Use this section to find a healthy, actionable balance.

Conflicting Value A	Conflicting Value B	The Middle Ground (An action honoring both)
<i>Example: Security</i>	<i>Example: Adventure</i>	<i>Set up a dedicated monthly 'adventure fund' cash envelope so I can travel guilt-free without touching my core emergency savings.</i>

Step 4: Translating Values into Daily Habits

Values are abstract themes, but habits are real actions. Pick two core values and list concrete daily actions to ground them in reality.

Core Value Assigned:	Daily Micro-Habit to Practice This Value:

Step 5: Identity-Aligned Habit Tracker

Track your daily habits over the next four weeks. Remember, each tick mark represents an active investment in your chosen identity and core values.

Habit & Linked Value	D 1	D 2	D 3	D 4	D 5	D 6	D 7	D 8	D 9	D 10	D 11	D 12	D 13	D 14	D 15	D 16	D 17	D 18	D 19	D 20	D 21	D 22	D 23	D 24	D 25	D 26	D 27	D 28