

LIVE YOUR VALUES

A guided journey to uncover the
values at your core, so you can honour
your truth, and move through life with
greater clarity, ease and confidence.



CONSCIOUS MOVEMENT

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“BECAUSE YOU ARE
ALIVE, EVERYTHING
IS POSSIBLE.”

- THICH NHAT HANH



Hello beautiful you,

Thanks for being here and dedicating your precious time to exploring what matters most to you.

I believe that by tuning into the values that are resting at our core, we can not only start to live them in the world, but also use them as a way of finding greater purpose in our lives and even living our calling.

Many of us go through life trying to do all the 'right' things, and all the things society says we 'should' be doing, but I'm much more interested in what your intuition says. How can anyone else hold the guidebook for your life except you?

The values discovery practices that I share here are one of the ways that I have cultivated greater peace in my own life. They are tools that I believe have saved me from depression, helped calm my nervous system and eased anxiety. They have given me greater confidence in myself and who I am, and they have deepened my sense of trust in myself, way beyond what I was ever taught.

My wish for you as you uncover the values that rest at your core is that you experience that same sense of self-trust, clarity and confidence - so that you can live more aligned to who you are, create deeper and more harmonious relationships, and move through life with greater purpose, confidence, joy and ease.

What you care about matters. The way you feel matters. You are worthy, whole and enough... always.

The world needs you as the 'you-est' version of you, and I'd like to cheer you on as you continue to figure out what that is. So please, take what resonates with you and leave the rest.

Much love,

Claire



ABOUT ME

Hi, I'm Claire South - owner and founder of Conscious Movement and a certified life coach, yoga teacher and menstrual cycle awareness mentor. I'm passionate about supporting women in reconnecting with their inner guidance systems so they can cultivate deeper trust in themselves and their unique gifts, and live life with more purpose, ease and fulfilment.

Why Values Matter

Values are the principles that matter most to us. They guide how we show up in all parts of our lives. When we are aware of our values and begin to consciously live in alignment with them, we can find deeper meaning and purpose in our lives. They help us:

Make choices with clarity and confidence

When we know our values, decision-making becomes less overwhelming. Instead of second-guessing ourselves or looking outward for reassurance, we can turn inward and ask, "Does this align with what truly matters to me?" Our values act as a steady foundation beneath our choices, bringing clarity where there once felt like confusion. Confidence begins to grow, not because we have all the answers, but because we trust the direction of our own inner compass.

Respond more thoughtfully instead of reacting automatically

When we are clear on our values, we carry a quiet inner compass into life's tender and triggering moments. Instead of being swept away by emotion, comparison, or the need to defend ourselves, we can soften, pause, and gently ask, "How do I want to show up here?"

Our values help us understand why something has stirred us, and it's usually because something we deeply care about feels unseen, crossed, or unmet. That awareness transforms reaction into insight. Over time, choosing to respond from our values builds deep self-trust. We feel steadier. More grounded. More aligned. We begin acting not from fear or habit, but from the truest version of ourselves.

Experience greater satisfaction and meaning in our lives

Living in alignment with our values brings a quiet sense of fulfilment that external achievements alone cannot provide. Even simple days feel richer when our actions reflect what we truly care about. We begin to experience meaning not as something to chase, but as something we create - moment by moment - through the way we choose to live, love, work, and care for ourselves.

Improved communication in our relationships

When we understand our values, we can express ourselves more clearly and compassionately. Instead of speaking from frustration or unspoken expectation, we can share what matters to us with honesty and openness. This invites deeper understanding, healthier boundaries, and more authentic connection. It gives a vocabulary to honour what is important to all parties, and allows greater compassion and a fresh perspective. Our relationships begin to feel less like negotiations and more like spaces where we are truly seen and respected.

Guided Visualisation

Let's start your journey towards clarity with a short guided visualisation. You'll need a quiet space away from disruptions. Allow about 15 minutes to complete the practice, then continue by following the prompts below to write down any insights or reflections.

You can download the audio for this practice [here](#).

In the space below, write down anything that felt important from your future self visualisation. I've included some questions to help you get started if needed.

- What was your home like?
- Where were you living?
- How did this place feel to you?
- What was most important to you?
- What was going on?
- What were you feeling?
- What guidance did you receive?
- What excited you the most?

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Clues from Your Past

The following reflection questions are an opportunity to dive a little deeper into the values at your core by looking at the moments in your life that were filled with strong emotion or deep meaning. You may like to just think about them, or you can journal your responses in the spaces provided.



Have you ever made a decision that didn't feel so great afterwards, but you weren't sure why? Or perhaps something happened in your life that left you feeling angry, upset or frustrated. It's usually because something happened that wasn't in line with one of your personal values!

Consider a time when you were angry, upset or got frustrated:

- What was going on?
- What were you feeling?
- What value was being suppressed?

Just as feelings of discomfort can serve as indicators of our values, similarly, moments of contentment, harmony, motivation, enthusiasm, or a deep sense of meaning can also provide insights into what we hold dear.

Consider an important and meaningful moment in your life:

- What was happening?
- What were the feelings you had?
- What made this experience so important?
- What value was being demonstrated or experienced?

Values to Explore

Based on your reflections of both past moments in your life, and your imagined future self from the guided visualisation, I invite you to explore the values listed below and circle or write your top 5 values. These are the ones that you feel matter most, or that are most alive in you at this point in your life.

Empathy	Spirituality	Gratitude	Contribution
Patience	Thrifty	Self-Respect	Success
Curiosity	Justice	Self-Discipline	Unity
Connection	Solitude	Independence	Wealth
Integrity	Humour	Love	Truth
Kindness	Fun	Loyalty	Self-Control
Compassion	Adventure	Non-Conformity	Modesty
Courage	Honesty	Genuineness	Neatness
Joy	Mindful	Self-Awareness	Openness
Presence	Playful	Excellence	Reliability
Responsibility	Community	Fairness	Simplicity
Forgiveness	Harmony	Family	Practicality
Authenticity	Passion	Health	Adaptability
Balance	Creativity	Growth	Grace
Hope	Nature	Freedom	Honour
Peace	Inner-Harmony	Happiness	Service
Stability	Respect	Wisdom	Leadership

You can also write your own here:

You might like to notice any values that you feel are similar and group them together e.g. Fun/Humour, Peace/Inner Harmony/Happiness, Service/Contribution. For each of these groups, ask yourself, "If I could satisfy only one of these, which would I choose?" or "Is there one word that better sums up what I value the most?"

You may also ask yourself:

- Do these values support the kind of person I want to be?
- Will these values help me achieve my long-term goals
- Do they align with how I see my future self?
- Do any of them evoke strong emotions or a sense of purpose?

Your Values, Your Way

We use these values as words that represent what it is that is most important to us. However, what 'creativity' might mean to me could be entirely different to what it means to you.

Take some time to write out your values and what they mean to you in your own words. This is a useful exercise to complete if you have two or three values that are closely linked. Through journaling, you might find ways to express your values in a way that truly resonates with you.

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A Way Forward

The following questions are an additional step to support you in aligning the way you live with your core values. When you feel ready, choose your top two values and write them here:

1. _____ 2. _____

Keeping in mind both of your values, answer the following questions to dig deeper into your values.

What are one or two behaviours that support each of these values?

What's an example of a time when you were fully living into these values?

Who is someone who knows your values and supports your efforts to live into them?

What does support from this person look like?

What can you do as an act of self-compassion to support yourself in the courageous work of living into your values?

What are some signs that you're living outside your values, or that you are off track?

What does it feel like when you're living into your values?

How might you check yourself?

Sit... lie down... put the pushing and striving away.

Know that in this moment, you are already enough.

You are already becoming, gently following... listening... unfolding.

Take a breath. Listen to the quiet whispers beneath the rush of the to do lists
and media noise.

Let it pass over you as you snuggle a little deeper into yourself.

Let the whispers turn to an audible sound.
The hopeful and soulful desires slowly become visible.

Can you allow them to be fully seen? Can you recognise your heart's longing
and hold it?

You are strong and courageous.
Your warrior strength is here to greet you as you allow your truth to be fully
illuminated.

There is no rush. There is no one else's timing but your own.

Take your inner warrior's hand as you bravely know your truth.

Together, you begin a quest.

A quest to start speaking the words that need to be said.
To take the actions that need to be taken.

Your confidence grows.

You feel your dreams, your whispers, turn to a firm voice or maybe a song.
The song of your power and light pouring into the world.

Because the world needs your light.

No one can give what you give. No one.

The world needs you - as you.

Much love,

Claire xo