

PATHWAYS INWARD

CORE VALUES DISCOVERY TOOL

Your core values are the guiding principles of your soul—the truths you long to live by, even when the world offers other directions. Many of us mistake inherited beliefs, “shoulds,” or ego-based goals for true values. This tool uncovers what really matters to you, so you can live from a place of integrity, freedom, and soul alignment.

Take your time with this practice. Move gently. There are no right or wrong answers.

1. GUIDED REFLECTION

- When in your life have you felt most alive, fulfilled, or at peace?
- What moments made you feel proud in a soul-deep way?
- When have you felt most 'yourself'?
- What choices or actions make you feel like you've betrayed yourself?
- If you had one year left to live, what would you prioritize?

2. PEAK EXPERIENCE EXPLORATION

Think of a time when life felt especially meaningful or aligned.

- Where were you? Who was with you? What was happening?
- Which values were present in that moment?

3. SHADOW LENS

Consider the behaviors in others that trigger you most deeply.

- What do these triggers point to about your values?
Example: If dishonesty enrages you, honesty may be a core value.

4. SOMATIC CHECK-IN

Read this list of values slowly. Notice your body's response.

Expansion, warmth, or lightness ➡ resonance.

Tightness, heaviness, or numbness ➡ not a core value.

SAMPLE VALUES:

Love, Freedom, Growth, Integrity, Creativity, Joy, Service, Honesty, Belonging, Courage, Spirituality

5. FUTURE SELF VISIONING

Imagine your highest, soul-aligned self.

- What does this version of you value most deeply?
- What qualities guide their choices?
- What do they refuse to compromise on?

6. VALUE SORTING

List 10–12 values, then narrow them down to your Top 5 Core Values.

1. _____
2. _____
3. _____
4. _____
5. _____

INTEGRATION

- Reflect: Where are these values honored? Where are they neglected?
- Choose one small action this week that honors a value.
- Write a Values Statement:

“ I CHOOSE TO LIVE MY LIFE GUIDED BY _____ , _____ , _____ ,
_____ , AND _____ .