

# Living Your Values with Courage

## Worksheet

Name : \_\_\_\_\_  
Class : Session 2: From Knowing to Doing  
Date : 07/16/2025

### 1. Recall a Core Value:

From our last session, what's one core value that truly resonates with you today?

My Core Value: \_\_\_\_\_

### 2. The Gap Moment:

Think of a time (big or small, past or upcoming) where you knew what to do based on your values, but found it hard to act on it. What was the situation?

Situation:

What stopped you from acting fully on your value? (e.g., fear, discomfort, wanting to avoid conflict, perceived consequences)

What stopped me:

### 3. The Courageous Choice: Spotting the Moment

Scenario Spotlight Reflection:

Briefly note down a key takeaway or an "aha!" moment from our group discussion of the scenarios.

My key takeaway:

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### Your Toolkit for Courageous Living

The "Values Compass" Pause: Before you react, take a breath and ask: "What value is most important here? How can I align my next action with it?"

"Discomfort as a Signal": See discomfort/fear not as a stop sign, but a compass pointing you towards growth.

"Pre-scripting Your Courage": For anticipated tough situations, mentally (or verbally) rehearse what you'll say/do.

### Choosing Your Tool:

Think of one specific situation you might face in the next week where you'll need to live out your value.

### Upcoming Situation:

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Which of the three tools above will you commit to using in this situation?

### Tool I will use:

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### Part 4: The Power of Imperfection: Self-Compassion

How can remembering to be kind to yourself (self-compassion) actually help you be more courageous in the long run?

My thought:

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### Part 5: Living Your Values: A Daily Commitment

Your One Next Step:

Beyond the situation above, what is one small, specific action you will take in the next 24-48 hours that directly reflects a core value you hold? (e.g., set a boundary, speak a small truth, pause before reacting, express appreciation).

My Small, Courageous Action:

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Which Value does this action reflect?

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