



## Be Brave. Make Space.

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### Hi! I'm Coach Margie

I'm glad you're reading the Brave Space newsletter. My newsletter is written to share information and support.

Hello Margie,

Good day! How's your Sober October going? I'm coaching a great group in the TNM Live Alcohol Experiment this month. Between coaching in the LAE, prepping to coach in the upcoming November and December PATH groups and my coaching with Brave Space, it's been a very busy and rewarding month so far.

#### Are you ready to talk about Values?

So far, our boundary work has included looking at what boundaries mean for us, how we feel when we don't set boundaries, or don't set them the right way, and what kind of boundaries we need to consider setting.

I gave you a worksheet to begin discovering what you value, and this week I'll give you the process for determining the most important values in your life. *Timing alert!* This could take a while, so please don't expect to knock it out in a few hours unless you've been working with your core values for a while.

#### Step 1: Choose your Big List

There are many different values from which to choose. Within this [LIST](#), review and choose every core value that resonates with you. Don't overthink it! As you read through the list, simply write down (or highlight) the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

The worksheet from two weeks ago was designed to make this step a bit easier for you. If you need to get that worksheet again, click the button "Click Here to Get Past Newsletters" below my signature.

### **Step 2: Organize Your List**

Now take a look at all of the values you selected and look for similarities or groupings. Do you see some that relate to relationships, family, or work? Or maybe how you relate to people (in general), or what you want to be remembered for? You may also see a grouping of values related to how you want to treat people and how you want to be treated.

There are no wrong answers! The right values and the right categories to put them in are unique to you - how you see yourself and how you want to live in this world. Don't be tempted to choose values that others tell you you should hold and what your employer's values are (unless they are a great fit for you).

Now group all similar values together from the list of values you chose in Step 1. Group them in a way that makes sense to you. I like to list them in columns under the heading of the similarity of values. Aim for a maximum of no more than five groupings. If you have more than five groupings, drop the least important one(s).

### **Step 3: Fine-tune your selection**

You'll want to get your total number of values to a manageable number. I like to keep them to around five. To fine-tune your list to a total of five or so, choose one word within each of your five categories that best represents all of the values in that category. For example, let's say you have a category called Retirement with the following values under the heading: Abundance, Growth, Wealth, Security, Freedom, Independence. Which of those six values best represents how you want to spend your retirement? Which one mostly or totally describes all of the others? Independence? Freedom? It's your choice!

Don't cheat yourself and rush through this step. This step definitely took me the longest to complete. I tweaked my choices a bit too. I'm happy with my final list and they make sense to me!

### **Step 4: Pat Yourself on the Back - But You're Not Done!**

Add a verb to each of your values so you can see what they look like as an actionable core value, *for example*:

Live in freedom. Seek opportunities to make a difference. Act with mindfulness. Promote well-being. Multiply happiness.

You can find a big list of verbs [here](#).

### **Step 5: One More Step! Experiment**

Congratulations! You are one step closer to deciding what boundaries are right for you. Next week I'll cover how to connect your values to your boundaries. But for now, give yourself another pat on the back and be proud of your growth!

Spend a week or so noticing times when you feel really good and times when you don't feel good about something or someone. Ask yourself which of your values came into play. My most important value is Living in Peace. I know when I have it. I know when it's been violated by someone or I'm in a situation where I don't feel peaceful.

If you realize that maybe you don't have the right value selected, go back and pick a new one to replace the one that doesn't fit. This is your one amazing and authentic life! Nobody knows you better than you. Please reach out to me if you have questions about this exercise and I'll get back to you as quickly as I can. All of my contact info is below.

Until next week, be brave and make space for yourself,

*Margie*

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