



Midlife values set

Clarify what truly matters to you now.

This guided NLP-inspired reflection helps you uncover your current core values, the principles and priorities that truly shape how you want to live **today**, not how you once did.

When you realign with your authentic values, decision-making becomes easier, relationships feel more natural, and your goals start to resonate at a deeper, calmer frequency.

Why This Matters

As we move through midlife, our internal compass often shifts, but we rarely pause long enough to recalibrate it. This exercise helps you identify what still fits, what's outgrown, and what new values are ready to take root.

Think of it as a gentle '**inner declutter**', keeping what feels true, and releasing what's become too small for the person you've become.

Step 1: The Reflection

Take a quiet moment. Breathe deeply.

Write freely in response to these questions - no overthinking!

Prompts:

- What feels most meaningful in my life right now?
- When do I feel most at peace, and what's present in those moments?
- What drains my energy, even if it once felt important?
- Which qualities do I most admire in myself or others?
- If I could design my next chapter around just three things, what would they be?



Step 2: Identify Your Core Values

From your reflections, circle or list 5–7 values that feel strongest.

E.g. Freedom, Connection, Growth, Peace, Integrity, Adventure, Simplicity, Creativity, Contribution.

There is a list of values below and space for you to add your own too!

Then, rank them in order of importance, from 1 (most vital) to 7 (still important but less central right now).

NLP tip: Notice which words create a physical sense of “yes” in your body; warmth, ease, expansion, energy. Your subconscious often signals your truth before your logic does.

Step 3: Align and Anchor

Now, imagine living one week fully aligned with your top three values.

Ask yourself:

- What small daily actions would embody these values?
- How would I speak, choose, or prioritise differently?
- What would I say “no” to with more confidence?

To **anchor** this alignment, gently press your thumb and forefinger together as you visualise yourself living in harmony with those values.

Repeat this physical cue whenever you need clarity or direction — your subconscious will begin to associate it with feeling grounded and sure.

Step 4: Integrate

Write one simple affirmation to keep your values front of mind, such as:

“I choose what aligns with who I am becoming.”

“My values guide me toward peace and purpose.”

Keep your list somewhere visible, or record a brief voice note repeating your affirmation, so your own voice reinforces your alignment daily.



When to Revisit

Repeat this process whenever you sense a new season emerging, a career shift, lifestyle change, or inner growth spurt. Your values evolve as you do.

You'll Finish Feeling:

- Clear on what matters most right now
- Confident making aligned choices
- Reconnected with your inner compass

Values Inspiration List

Read slowly. Circle or highlight any words that create a sense of warmth, ease, or a quiet yes within you. Don't analyse, simply notice what resonates. These are the qualities your subconscious is already guiding you toward.

Personal Growth & Inner Alignment

Awareness • Authenticity • Balance • Calm • Clarity • Compassion • Confidence
Courage • Curiosity • Ease • Empowerment • Faith • Flexibility • Flow • Freedom •
Fulfilment • Grace • Gratitude • Growth • Healing • Honesty • Hope • Independence •
Integrity • Intuition • Joy • Learning • Lightness • Mindfulness • Openness • Optimism •
Patience • Presence • Resilience • Self-acceptance • Self-expression • Self-love •
Simplicity • Spirituality • Stillness • Strength • Trust • Truth • Vulnerability • Wisdom

Relationships & Connection

Acceptance • Affection • Belonging • Care • Collaboration • Community • Compassion
Connection • Empathy • Equality • Family • Friendship • Generosity • Harmony
Kindness • Loyalty • Love • Partnership • Respect • Service • Support • Teamwork •
Trustworthiness • Understanding



Purpose & Contribution

Adventure • Appreciation • Authentic Impact • Balance • Challenge • Collaboration
Contribution • Creativity • Dedication • Dependability • Excellence • Growth •
Inspiration Leadership • Legacy • Meaning • Motivation • Passion • Professionalism •
Purpose Service • Sharing • Success

Lifestyle & Wellbeing

Abundance • Adventure • Beauty • Comfort • Contentment • Ease • Enjoyment • Energy
Freedom • Fun • Health • Harmony • Leisure • Nature • Nurture • Order • Peace
Pleasure • Safety • Security • Stability • Vitality • Wellbeing

Expression & Creativity

Artistry • Beauty • Boldness • Curiosity • Expression • Freedom • Imagination
Innovation • Joy • Openness • Playfulness • Spontaneity • Vision • Wonder

Renewal & Midlife Transitions

Acceptance • Alignment • Clarity • Courage • Ease • Forgiveness • Grace • Growth
Healing • Letting Go • Lightness • Patience • Presence • Reinvention • Renewal •
Resilience • Self-Trust • Surrender • Transformation

*Your values steady you as you grow into
who you're meant to be.*