

Back to You
**YOUR VALUES.
YOUR COMPASS.
YOUR CLARITY.**



By: Keelie Louise



Hey friend!

Feeling stuck? Let's go deeper.

If you've been second-guessing everything lately, spinning your wheels, or chasing goals that feel empty when you get there... pause.

Before you set another goal or change your routine, come back to your values. Your values are your internal GPS. They are a set of rules that are unique to you to live your life by. They guide your peace, your direction, your energy.

This workbook is here to help you reconnect with what actually matters to you, so you can make decisions, build habits, and design a life that feels aligned and true.

xoxo
Keefie Louise

Your Values = **YOUR INTERNAL COMPASS**

Values are the deep-rooted principles that guide your behaviour, choices, boundaries and desires. When your life reflects them, you feel aligned, you have more joy.

When you're out of sync with them, you feel lost, burnt out, resentful or stuck.

EXAMPLES OF VALUES TO GET YOU THINKING:

- 
- Freedom
 - Connection
 - Peace
 - Growth
 - Honesty
 - Fun

- Service
- Adventure
- Creativity
- Financial Security
- Simplicity

- Impact
- Community
- Vitality
- Integrity
- Love
- Safety



What Do You Actually **CARE** About?

Now take a few minutes to think about what *really* matters to you,
what lights you up, and fills you with joy.

Here are some questions to get you thinking

Dear Future Me...



Week: _____

Today's Mood: 😊 😊 😐 😞 😞 😞

THE SOBER HYPE GIRL

When do I feel most me?

Dear Future Me...



Week: _____

Today's Mood: 😊 😊 😐 😞 😞 😞

What lights me up (even when no one's watching)?

Dear Future Me...



Week: _____

Today's Mood: 😊 😊 😐 😞 😞 😞

THE SOBER HYPE GIRL

What do I often feel resentful about, and what does that reveal about what I value?

Dear Future Me...



Week: _____

Today's Mood: 😊 😊 😐 😞 😞 😞

Who do I admire, and what values do they embody?

Dear Future Me...



Week: _____

Today's Mood: 😊 😊 😐 😞 😡 😞

THE SOBER HYPE GIRL

What would my 80-year-old self thank me for prioritising?

CHOOSE YOUR CORE 3

Instructions:

Look over the value examples + your journaling.

Now choose the 3 values that feel most important in your life right now, not what sounds good, but what feels true.

Template:

- My Core Value #1: _____
- This means... _____
- My Core Value #2: _____
- This means... _____
- My Core Value #3: _____
- This means... _____

Really define what these look like in your life, how they feel, visualise them and create some actions around how you can be more aligned to these. What behaviours, actions or traits do I need to embody to ensure I am living these every day.

Date :

MY CORE VALUE

Journal

My Core Value #1:

This means...

Date :

MY CORE VALUE

Journal

My Core Value #2:

This means...

Date :

MY CORE VALUE

Journal

My Core Value #3:

This means...

Does My Current Life *Reflect These Values?*

Mini self-assessment:

Rate each from 1-5 → "How much does this value currently show up in my day-to-day?"

Value	1	2	3	4	5	What Needs to Change?
Connection	☐	☒	☐	☐	☐	More time with people who energise me
Growth	☐	☐	☐	☒	☐	Feeling good, but want more learning
Peace	☒	☐	☐	☐	☐	Too much chaos need better boundaries
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	

Notes

Now rate yourself on where you want to be on this scale, this will help you prioritise the importance & level of action to be taken for each one.

Value	1	2	3	4	5	What Needs to Change?
Connection	☐	☐	☐	☐	☐	More time with people who energise me
Growth	☐	☐	☐	☐	☐	Feeling good, but want more learning
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	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	

Do this again in a few weeks, a month and see how you are tracking.

If journaling is your thing, ask yourself how did I live in accordance with my values today and any areas you could change for the next day.

This isnt about huge shifts, its about becoming 1% better than the person you were yesterday.

One Tiny Shift

YOU CAN MAKE TODAY

Prompt:

What's one small decision I could make today that would bring me closer to one of my values?

Example:

→ If I value peace, I can say no to something I don't have capacity for.

→ If I value creativity, I can write for 15 minutes without needing a "result."

Today's date _____

What's one small decision I could make today that would bring me closer to one of my values?

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BONUS

Reflection

Keep Coming Back to **You**.

Your values are a living guide; they'll evolve as you evolve, and they change as you change.

Whenever life feels heavy, confusing, or disconnected... come back here.

Clarity lives in alignment.

And alignment? That's where your power is.



Bonus Trackers

Does My Current Life *Reflect These Values?*

Mini self-assessment:

Rate each from 1-5 → "How much does this value currently show up in my day-to-day?"

Value	1	2	3	4	5	What Needs to Change?
.....	☐	☐	☐	☐	☐	
.....	☐	☐	☐	☐	☐	
.....	☐	☐	☐	☐	☐	
.....	☐	☐	☐	☐	☐	
.....	☐	☐	☐	☐	☐	
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.....	☐	☐	☐	☐	☐	
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.....	☐	☐	☐	☐	☐	
.....	☐	☐	☐	☐	☐	

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	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	

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[illegible]

Date :

MY MOOD TRACKER

Journal

My Feeling

About My Day

Self Reflection

Why I felt bad

What went well

What i'm grateful for :

Mental health

DAILY TRACKER

Date _____

Mo Tu We Th Fr Sa Su

How am I feeling this morning?

 Great
  Good
  Okay
  Not good
  Awful

Day to do list

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____

Today I intend _____

Eye exercises

Cups of water

1 2 3

1 2 3 4 5 6 7

Evening to do list

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____

How am I feeling this evening?

 Great
  Good
  Okay
  Not good
  Awful

Am I satisfied with this day?







I am grateful today for

What I like about myself today

What I managed to do today

What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun
 proud strong active love passion freedom
 happiness optimism belief hope inspired
 courage interest amusement gratitude
 delight relaxed calm confident curious
 focused worthy thrilled self-respecting kind

7 Day Habit tracker



Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF: _____

HABIT / SELF-CARE STEP

S M T W T F S

01	☐	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐	☐	☐
08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES

Affirmation

*"I am guided by what matters
most to me. I trust my values
to lead me back to peace,
clarity, and the truest version
of myself every single time."*



Hello! I am
KEELIE LOUISE

Want deeper support or 1:1 guidance?

Let's talk: Free Spark Session

Let's stay connected:

Follow me on IG: [@thesoberhypegirl](#)

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Be the woman you promised yourself you'd become