Values-Led Results-Driven

Unlocking YOUR Power with Lisa Meldrum

What matters to you?

A short values taster from Lisa Meldrum



Hello, I'm Lisa. I'm a coach based in Cork, and values are where I start with almost everyone I work with. Once you know what matters to you, decisions, boundaries and conversations all become easier.

This taster takes about 15 minutes. Grab a pen, find a quiet spot and go with your gut. There are no right or wrong answers.

What are values?

Values are those deep-down beliefs that guide what feels right and what matters most to you. They steer your decisions, shape your reactions, and light you up, or burn you out when they're crossed.

BEHAVIOUR

When a value is honoured

If Connection matters to you, you're the one who suggests a coffee with a colleague.

TRIGGER

When a value is crossed

If Respect matters to you, being talked over in a meeting can feel infuriating.

YOUR TWO-MINUTE VALUES CHECK

Which three jump out at you?

Don't think about it. Circle the first three that feel like you.

Authenticity	Balance	Connection	Courage	Family
Freedom	Fun	Growth	Honesty	Kindness
Peace	Respect	Security	Success	Trust

Now think of the last time one of them was crossed. How did you react?

That reaction wasn't random.

Every time something drains you, frustrates you or lights you up, a value is usually behind it. Most people have never really named theirs, so they keep reacting without knowing why.

The three words you circled are only the surface. What sits underneath them is where things start to change.

Turn the page to find out what comes next.

“I believe in myself and I am enough.”

That's what I want every person I work with to walk away with.
Knowing your values is where it starts.

This is just the beginning

Together, we'll get to the bottom of:

- Why some situations drain you while others light you up
- What's really behind the moments that trigger you
- How to make decisions you won't second-guess
- How to set boundaries with confidence, at work and at home



Let's have a chat

Book a discovery call with me. It's a relaxed, no-pressure conversation about where you are, where you'd like to be, and whether working together feels right for you.

Book your discovery call

Email info@unlockingyourpower.ie
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