

*A Self
Coaching
Journal for
Women*

Clarity Simplicity Success

JACQUI ALDER

Hi, I'm Jacqui Alder,

Thanks for your interest in my love child: a self-coaching journal to help women create their own path to success.

As women we often tread a fine line trying to balance competing expectations about what success is. Trying to live up to those expectations sometimes takes us off course. There's a lot of well-meaning advice out there, but how do you choose what's right for you?

I created the journal as an antidote to all that advice. It's designed to help you plot your own course – one that's right for you at this point in time. No stress, no pressure, no 'shoulds': just your decisions taken at your pace.

The exercise that follows comes from the journal. It helps you gain Clarity on your values and why those values are important to you.

There's a reason I've chosen to share this exercise as my gift to you. By itself it can help you stay true to yourself. Completing it acts like an inoculation against the pressure of stereotypes, your own expectations and the expectations of others. Values are the heart of your success.

I want to change the world for the better, one woman at a time. By completing this exercise you'll have helped me reach that goal, so thank you.



3 Identify your CORE VALUES.

Read the list below and mark the 10 values that are most important to you.

ACHIEVEMENT	ADVENTURE	AUTHENTICITY
AUTHORITY	AUTONOMY	BALANCE
BEAUTY / AESTHETICS	CHALLENGE	COMMUNITY
COMPASSION	COMPETENCE	COURAGE
CREATIVITY	CURIOSITY	ENJOYMENT / FUN
FAIRNESS	FAME	FAMILY
FRIENDSHIP	GROWTH	HAPPINESS
HEALTH / FITNESS	HELP OTHERS / SERVICE	HONESTY
HUMOUR	INFLUENCE	INNER HARMONY
INTEGRITY	JUSTICE	KINDNESS
KNOWLEDGE	LOVE	LOYALTY
OPENNESS	OPTIMISM	ORDER
PEACE	POPULARITY	RECOGNITION
REPUTATION	RESPECT	RESPONSIBILITY
SECURITY	SELF-RESPECT	SPIRITUALITY
STABILITY	STATUS	TRUST
VARIETY	WEALTH	WISDOM

NOTE

Women who reflect on their core values perform better. It enhances their sense of self-worth and reduces the negative impact of stereotypes. When you do this exercise, make sure you are listening to yourself to ensure the values you choose are your own.

Review the top 10 values you marked on the previous page. Identify the 5 which are most important to you. List each value here, followed by the words '... is important to me because ...' and then add whatever your 'because' statement is.

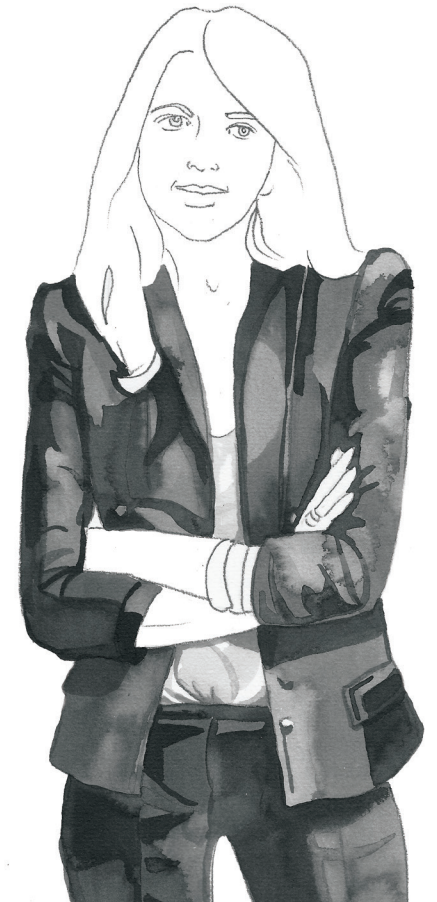
1

4

2

5

3





Are you done? How did you find the exercise?

Oh, I almost forgot something important – the illustration is designed to be coloured in, it's part of the experience. While you're letting things sink I suggest you go back and colour in and take the opportunity to read over what you've written.

Over the coming days pay attention to how you feel, what you're thinking, and your response to events. Write down your reflections – it'll help reinforce the values exercise.

I'd love to hear your feedback and would appreciate you making an effort to let me know.

You can e-mail me hello@claritysimplicitysuccess.com or post a comment on Facebook [@Clarity.Simplicity.Success](https://www.facebook.com/Clarity.Simplicity.Success) or on Instagram [@claritysimplicitysuccess](https://www.instagram.com/claritysimplicitysuccess).

If you do buy a journal someday you'll find even more beautiful illustrations printed on the highest quality vellum paper, hand stitched, wrapped in a hard cover designed to keep your treasured words safe.

If you're interested to find out more visit www.claritysimplicitysuccess.com where you'll find more resources to help you be successful at being yourself.

TESTIMONIALS

HEATHER FALCKH
**Organisation Improvement
Consultant, Founder –
Heather Falckh Consulting**
Don't be fooled by this
deceptively simple book – it can
be life changing.

I bought this self-coaching journal to help me reflect during a time of change, and this has helped me to make a life changing decision.

In some parts of the book I found the self-reflection relatively easy, but other sections encouraged me to think more deeply. I have now taken the bold step of starting my own consulting business. I wouldn't have dreamed of doing this in the past.

The journal has helped me to reflect on my strengths, the things that are important to me, and to reassess my goals.

H
**HR Professional, Wife, and
Mother of Two**

The book is stunning! Honestly, I feel that Jacqui has been so generous of spirit to share, what feels like, a piece of herself, her wisdom, intelligence, experience, and a roadmap people can use for many and varied situations.

This journal is a great tool that has helped me with a roadmap for more than one life challenge I'm currently overcoming. The self-coaching process has also helped me identify my own internal resources and talents.

It's great for anyone who may be feeling stuck in life.

NAOMI REDPATH
Executive Assistant
The process has helped me to think about who I am as person, my value system, and what I can create for the future.

I also love that the hardback journal is a personal treasure you can keep for a long time, refer to, and look back on.

I felt I needed some guidance on how to work towards success in my life. I purchased the journal because I can work through each section at my own pace, in my own time.

I found the tasks challenging but because I can do them in my own time, it allowed me to reflect, assess, and move on to the next section when I was ready. I've thoroughly enjoyed colouring in the amazing illustrations – I highly recommend it! The process of colouring-in helped my subconscious to work through the exercises while I was having fun.

I recommend the journal to others. It's an affordable option when compared to face-to-face coaching. Plus, being able to do it at your own pace, helps reduce the sense of pressure while giving you time to think things through.

WITRA SEKARASRI
HR Professional
I recommend the journal to anyone who is wanting to make some sort of change and wants a space where they can discover what that is and create it for themselves.

The concept of it is brilliant. It challenges your mind at a very core. Apart from this I just LOVE the book, the colour, the illustration, and the quotes.

The journal came just at the right time for me. I was looking for 'something else' in my life, but I wasn't sure what to do, where to start, or whether I should look at all.

When I started the journal, I didn't find it hard to answer the first question "What is Important TO YOU?" But I was very surprised how different they were from what I thought they were going to be.

When I was ready to move on, I found the exercises on the next few pages affirmed my answers to that first question. I started to see a consistent theme.

The journal has helped me to think about what I really want to do. A question that I haven't asked myself for a very long time.