



CORE VALUE

WORKSHEETS



3H-HEAD HAND HEART EQUINE
ASSISTED LEARNING



H.E.A.L. Healthcare Project



National Collaborating Centre
for Indigenous Health

INVESTIGATING CORE VALUES: MISTATIM (THE HORSE)

The horse lives according to his core values making his actions align with his beliefs and his reaction to others 100% honest. The horse is not capable of judging people according to their clothing, their success in life, or with which cultural group they associate. Let's find out which of the horse's values allow it to do this.

Read through these core values and select which ones you saw the horses in the video using:

<ul style="list-style-type: none"> • Abundance • Accountability • Adventure • Adaptability • Authenticity • Balance • Be True • Beauty • Career • Caring • Change • Charisma • Clarity • Commonality • Communication • Compassion • Connection • Contentment • Contributing • Cooperation • Courage • Creativity • Diversity • Effectiveness • Encouragement • Endurance • Enjoyment • Entertain • Entrepreneurial • Excellence • Excitement • Facilitation • Faith • Fame • Family 	<ul style="list-style-type: none"> • Finances • Fitness • Fairness • Forgiveness • Freedom • Friendship • Fun • Fun-Loving • Generosity • Giving People a Chance • Goodness • Grace • Gratitude • Happiness • Harmony • Home • Honesty • Humanity • Humor • Innovation • Integrity • Intelligence • Invention • Involvement • Joy/Play • Justice • Kindness • Knowledge • Leadership • Learning • Love • Love of Career • Loyalty • Openness • Order 	<ul style="list-style-type: none"> • Patience • Peace • Personal Development • Power • Pride in Your Work • Professionalism • Prosperity • Quality • Reciprocity • Relationship • Religion • Renewal • Respect • Responsibility • Security • Safety • Self-Respect • Speed • Spiritualism • Strength • Success • Teamwork • Trusting Your Gut • Wealth • Wellness • Willingness • Wisdom • Work Hard • Add your own: • _____ • _____ • _____
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INVESTIGATING CORE VALUES: MISTATIM (THE HORSE)

Since Mistatim- (the horse) is not capable of judging people according to their clothing, their success in life, or with which cultural group they associate, the horse does not show interest in these elements. Even so, the horse has a good set of values that allow it to live safely, evaluating each addition to the 'herd' to see if their actions match their thoughts and feelings.

Here are some of the values we have noticed are important to the horse:

<ul style="list-style-type: none"> • Abundance • Accountability • Adventure • Adaptability • Authenticity • Balance • Be True • Beauty • Career • Caring • Change • Charisma • Clarity • Commonality • Communication • Compassion • Connection • Contentment • Contributing • Cooperation • Courage • Creativity • Diversity • Effectiveness • Encouragement • Endurance • Enjoyment • Entertain • Entrepreneurial • Excellence • Excitement • Facilitation • Faith • Fame • Family 	<ul style="list-style-type: none"> • Finances • Fitness • Fairness • Forgiveness • Freedom • Friendship • Fun • Fun-Loving • Generosity • Giving People a Chance • Goodness • Grace • Gratitude • Happiness • Harmony • Home • Honesty • Humanity • Humor • Innovation • Integrity • Intelligence • Invention • Involvement • Joy/Play • Justice • Kindness • Knowledge • Leadership • Learning • Love • Love of Career • Loyalty • Openness • Order 	<ul style="list-style-type: none"> • Patience • Peace • Personal Development • Power • Pride in Your Work • Professionalism • Prosperity • Quality • Reciprocity • Relationship • Religion • Renewal • Respect • Responsibility • Security • Safety • Self-Respect • Speed • Spiritualism • Strength • Success • Teamwork • Trusting Your Gut • Wealth • Wellness • Willingness • Wisdom • Work Hard • Add your own: • _____ • _____ • _____
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INVESTIGATING CORE VALUES: YOU

Knowing your core values will empower you to live a life in which your goals and actions align with your beliefs and values. Discover some of your core values below. See how they relate to that of the horse – when they match up or collide so that you can integrate the wisdom of the horse into your work and life.

Read through these values and check all that are important to you:

<ul style="list-style-type: none">• Abundance• Accountability• Adventure• Adaptability• Authenticity• Balance• Be True• Beauty• Career• Caring• Change• Change• Charisma• Clarity• Commonality• Communication• Compassion• Connection• Contentment• Contributing• Cooperation• Courage• Creativity• Diversity• Effectiveness• Encouragement• Endurance• Enjoyment• Entertain• Entrepreneurial• Excellence• Excitement• Facilitation• Faith• Fame• Family	<ul style="list-style-type: none">• Finances• Fitness• Fairness• Forgiveness• Freedom• Friendship• Fun• Fun-Loving• Generosity• Giving People a Chance• Goodness• Grace• Gratitude• Happiness• Harmony• Home• Honesty• Humanity• Humor• Innovation• Integrity• Intelligence• Invention• Involvement• Joy/Play• Justice• Kindness• Knowledge• Leadership• Learning• Love• Love of Career• Loyalty• Openness• Order	<ul style="list-style-type: none">• Patience• Patience• Peace• Personal Development• Power• Pride in Your Work• Professionalism• Prosperity• Quality• Reciprocity• Relationship• Religion• Renewal• Respect• Responsibility• Security• Safety• Self-Respect• Speed• Spiritualism• Strength• Success• Teamwork• Trusting Your Gut• Wealth• Wellness• Willingness• Wisdom• Work Hard• Add your own:• _____• _____• _____
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Write your chosen core values down here in the left column. Read through them and decide what 6 values are most important to you. Write those on the right:

<i>All values I checked</i>	<i>My Top 6</i>

Write down what each of these values mean to you and why they are important:

<i>My Top 6</i>	<i>Why are these important? How do they show up in my life?</i>



CORE VALUE CLARITY

WORKSHEET

Do all of your top 6 values integrate well with those of the horse? Or is there conflict between any of the values?

<i>Values I share with the horse</i>	<i>Conflicting values I have with the horse</i>	<i>Where do these values collide? What is the conflict?</i>

Define the top 3 core values that will help a horse to feel safe in your presence. Note whether or not these will also make a person, or community feel safe.

<i>Priority</i>	<i>Core Value</i>	<i>Why is it 1st? 2nd? 3rd?</i>	<i>Makes others feel safe? Yes? No?</i>
#1			
#2			
#3			



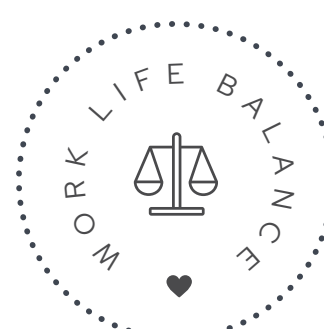
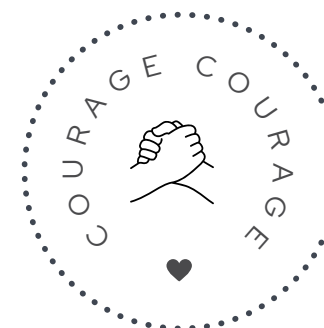
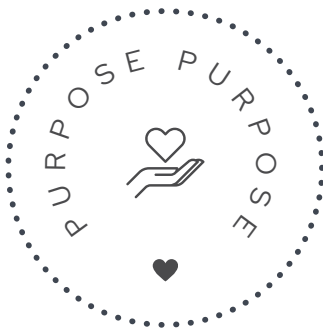
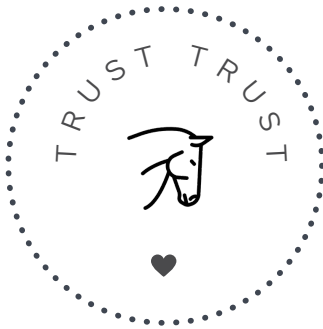
Now that the horse has shown me which of my top 3 priorities will make horses, people, and community feel safe, ask yourself: Does it show in my everyday life that priority (X) is my #1 priority? etc. for each priority. If not, why is that? How can I infuse these values more in all areas of my life?

Now that I know my Top 3 Core values and how I want to infuse them more into my everyday life, how can I solve any core value conflict?



CORE VALUES

Choose core values from this list (or write in your own using the template on the next page). Add colour, print it out and place it somewhere where you can see it daily so that you are reminded of your core values and can live and make decisions that are in alignment with them.



CORE VALUES

Use this template to fill in your core values. Add colour, print it out and place it somewhere where you can see it daily so that you are reminded of your core values and can live and make decisions that are in alignment with them.

