

MENOPAUSE HEALTH COACHING

Week Four

Your core self – from peri to post menopause

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What has happened to ME?



Getting to know yourself again - what do you value?

- Values help us work out what is important to us.
- Values are human attributes / characteristics / personality traits that mean something
- When life feels good, we are living in congruence with our values
- When we are out of balance, perhaps struggling or discontent, we might be out of sync with our values
- Think of living a value as being an ultimate destination, and goals are little side roads to go down on the way to get there

What are your top values?

- | | |
|------------------|---------------------|
| 1. Loyalty | 11. Courage |
| 2. Spirituality | 12. Tolerance |
| 3. Humility | 13. Trustworthiness |
| 4. Compassion | 14. Equanimity |
| 5. Honesty | 15. Altruism |
| 6. Kindness | 16. Appreciation |
| 7. Integrity | 17. Empathy |
| 8. Selflessness | 18. Toughness |
| 9. Determination | 19. Self-Reliance |
| 10. Generosity | 20. Attentiveness |

There are hundreds of values!

You can take a free quiz here - <https://corevaluesquiz.com/index.html> or simply search on the internet for 'values' and find a list you like the look of.

Nourishing Values

The Bullseye

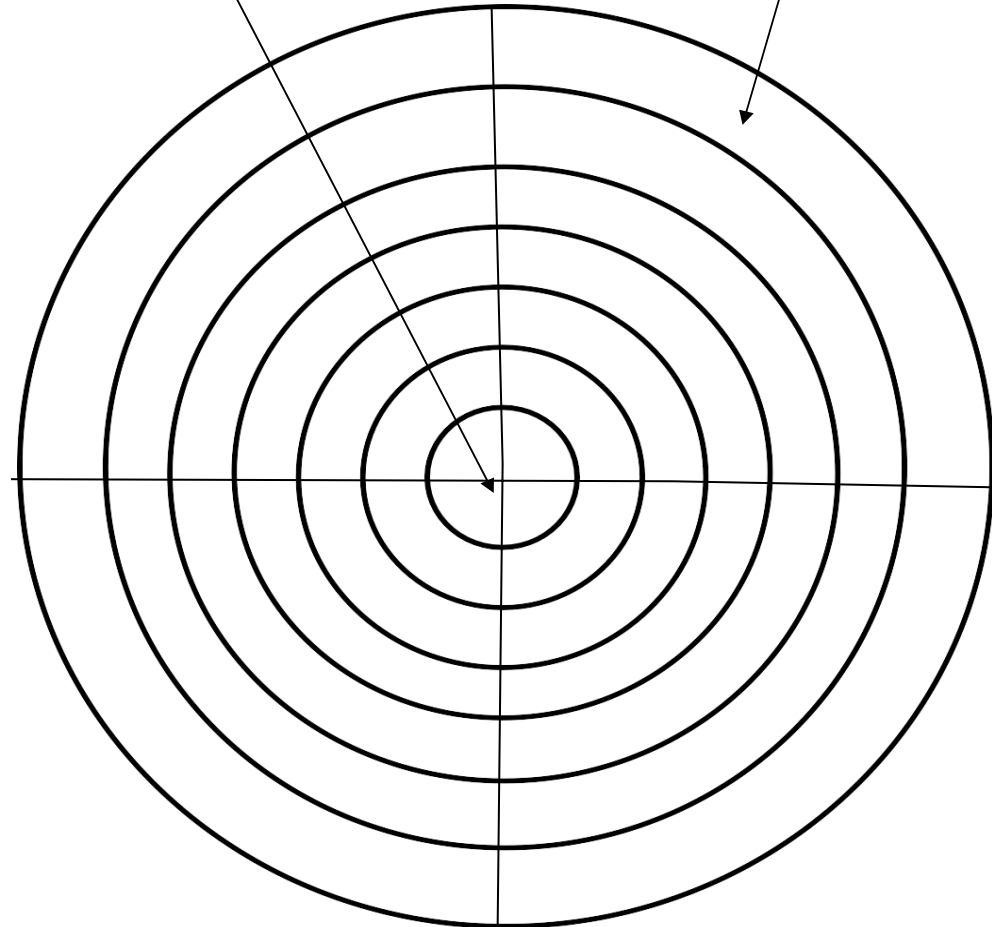
Write each of your 4 top values outside each of the 4 quarters.

Then place a dot in each quarter to show how aligned your life is now with this value

What have you learnt?
What would you like to change?
1 step at a time

I am living fully aligned with this value

I have lost touch with this value



And what about your strengths?

<https://www.viacharacter.org/account/register>

Free survey to find out your top 25 strengths and tips on how to apply them.

Why? - Work with your strengths, to make change easier.

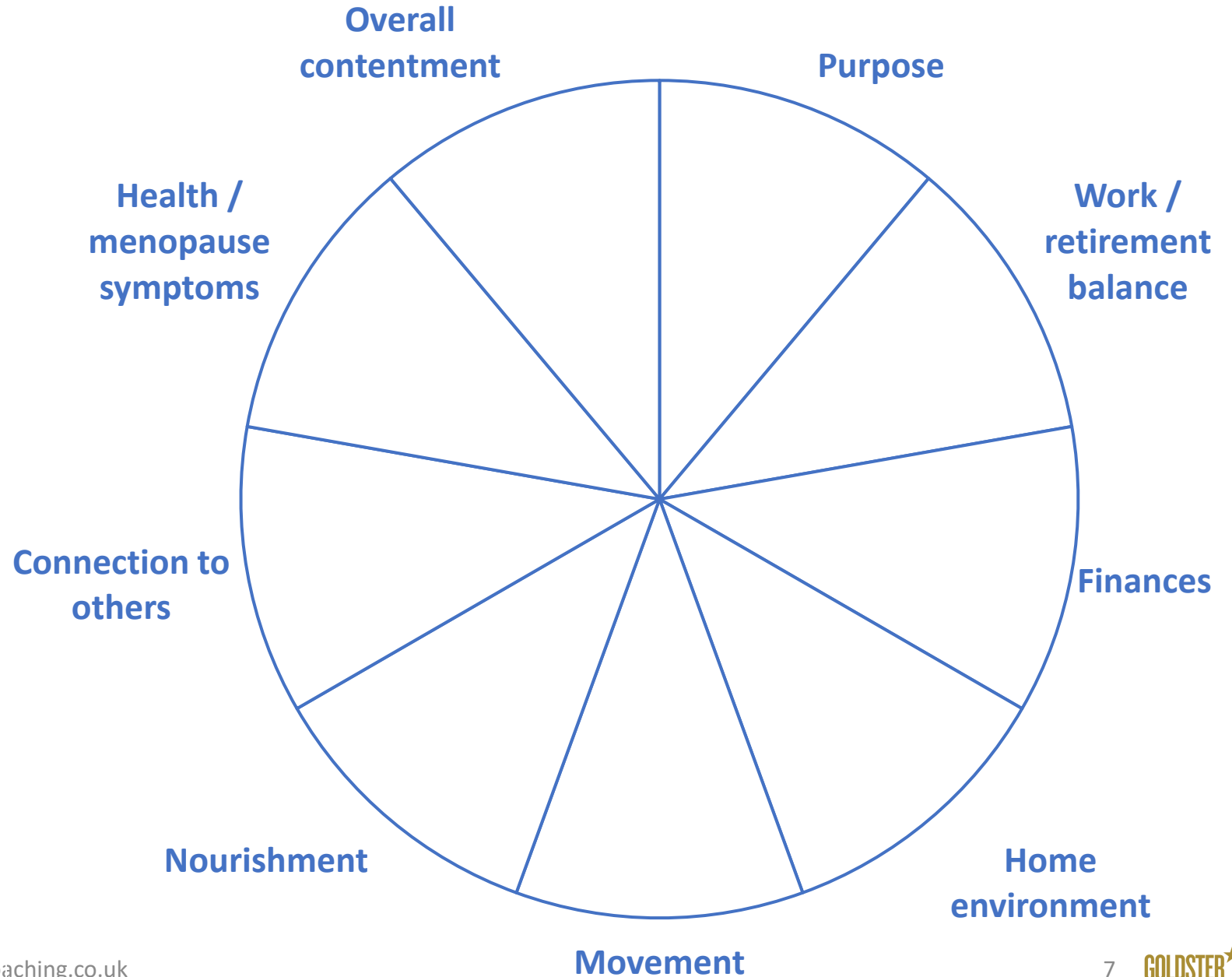
Menopause wheel of life – how **BALANCED** is your life?

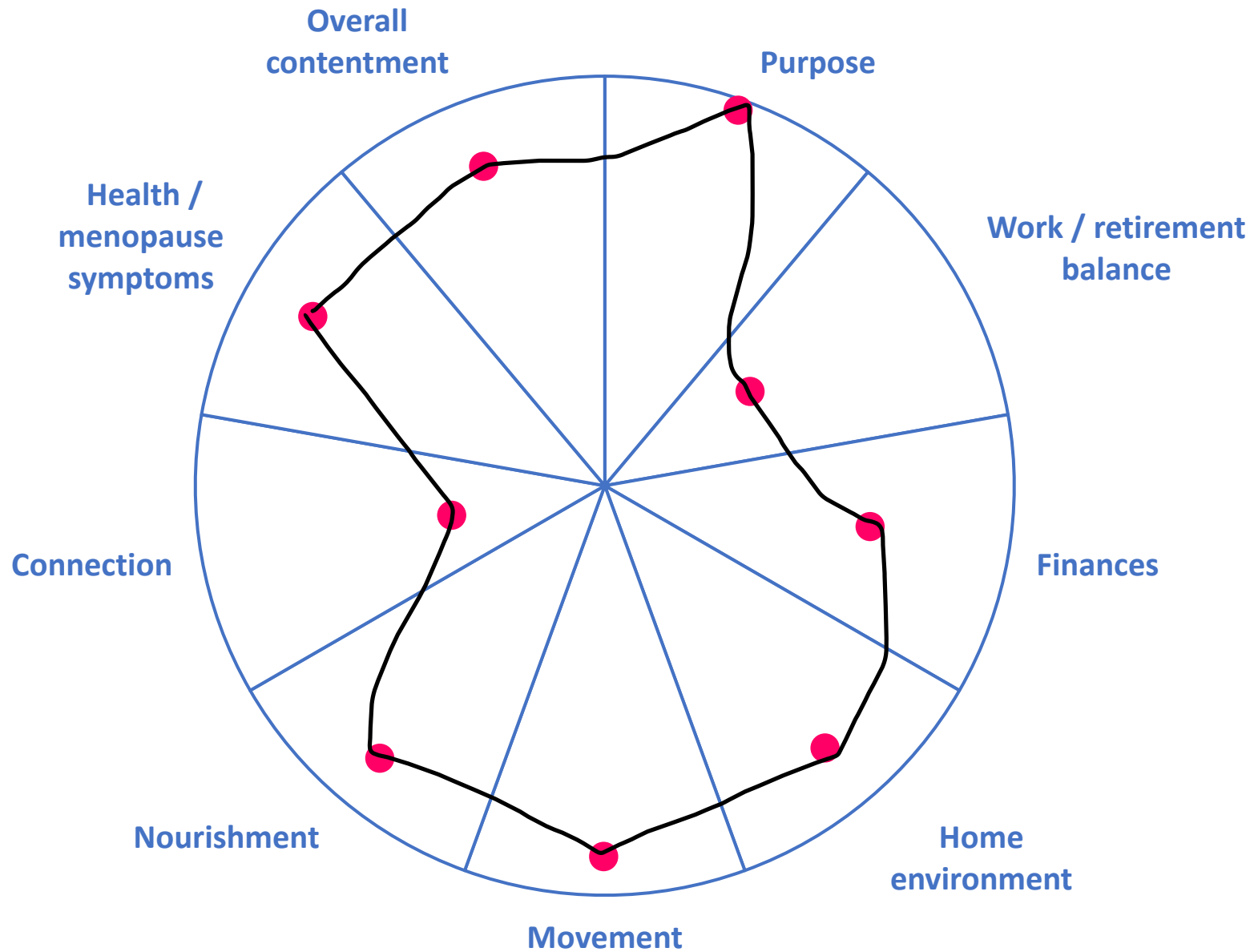
Place a dot in each segment.

The closer to the outside = the happier you are with that area of your life

Then join the dots.

BUT before you start Let me show you a completed circle





Boundaries and people pleasing

Are you a human giver?

Do you allow time for your own self-care?

Do you say 'yes' to everything, even if it doesn't suit you (and then you begrudge it)?

If so, what has happened to your boundaries????