

WORKBOOK



My Legacy

& VALUES



Dr. Hala 
 **SABRY**

Hi, I'm Dr. Hala Sabry

Are you one of the millions of people who watched the Hamilton musical only to be left pondering, "Who tells your story?" Maybe you didn't see Hamilton but you value your life and contributions - and want to live a life of impact. I have been there.

My name is Hala and I am a physician, community leader, mom of five and a legacy enthusiast!

Up until I started focusing on living an intentional life of legacy, I was a high achieving professional woman who would find little satisfaction in just about every aspect of my life.

Perhaps it was the combination of being a professional woman and almost approaching 40 years old with children looking up at me as their role model....I started thinking, "what will my legacy be?" I used to think "legacy" was a loaded term only available to the rich and famous. However, we each have the opportunity to live life intentionally, achieving and over delivering on the legacy we set forth. Don't know how to start living a life of legacy? I'll guide you!

The most crucial step is identifying your values which serve as your legacy compass! When asked to list their values, most people will quickly reply with the values they think they should have. Many have never been challenged to identify their values.

It's no wonder why many people feel lost and unsatisfied! I have included a values finder in this workbook for you! I am happy to coach you through your journey to living a more intentional life of legacy.

Now, my legacy will not be anything like yours or Alexander and Eliza Hamilton.... but every legacy is just as important. So, let's get right to it!

I look forward to hearing about what you discover as you reacquaint yourself with your values! If interested in leveling up your legacy life, [fill out this application to work with me!](#)

To your legacy,
 Hala Sabry

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VALUES

The success alignment starts with the foundation layer, values.

QUESTION:

Imagine that you have to decide between taking Option A or Option B - how do you know which to choose?

ANSWER:

By knowing your values.

When you know your values it is easy to know when something is right for you, because your values are the things that are the most important to you - the things that you cannot live happily without. By knowing your values you will be able to make decisions that you will find fulfilling and rewarding.

By not knowing your values you may make decisions that meet someone else's values and may or may not make you happy.

WHAT IS A VALUE?

A value is a quality that you have, or would like to have, that will help you to achieve your goals most effectively. Values tend to be conceptual words - things that you cannot touch or hold, e.g. love, creativity, power, freedom, wealth, and success.

You define your values. You choose them. You shape the life you want to live.

You collect your values, usually subconsciously, from your friends, family, society and from your experiences. Your values may change slightly over time and evolve as you evolve.

However, they are unlikely to change drastically over time unless a dramatic event occurs that modifies your view of the world. An example of such an event would be a death, separation or illness.

Your values rule how you interpret what is happening all around you at every moment. This impacts your feelings, which impact your actions, which become your results. This means that awareness of your values will enable you to better understand:

- What motivates you to act
- The results you are getting in your life and why

ANOTHER PERSPECTIVE

Imagine that all of your favorite people in the world are together at one party with the sole purpose of celebrating you. At this party four different people make a speech about you. Imagine what each person would say and write down the key concepts from each speech.

What does each person say about you in their speech?

01

SPEECH ONE: FAMILY MEMBER

02

SPEECH TWO: SOMEONE IN YOUR COMMUNITY

03

SPEECH THREE: DEAR FRIEND

04

SPEECH FOUR: WORK COLLEAGUE / PATIENT

EXPLORING VALUES



Values are so embedded that it can be easier to recognize it from a list rather than brainstorm.

Circle or highlight all words that describe what matters most to you.

Abundance	Beauty	Concentration	Determination	Excellence
Acceptance	Being the best	Confidence	Devotion	Excitement
Accomplished	Belonging	Conformity	Devoutness	Exhilaration
Accuracy	Benevolence	Congruency	Dexterity	Expectancy
Achievement	Bliss	Connection	Dignity	Expediency
Acknowledged	Boldness	Consciousness	Diligence	Experience
Activeness	Bravery	Consistency	Direction	Expertise
Adaptability	Brilliance	Contentment	Directness	Exploration
Adoration	Calmness	Continuity	Discipline	Expressive
Adroitness	Camaraderie	Contribution	Discovery	Extravagance
Adventure	Candor	Control	Discretion	Extroversion
Affection	Capability	Conviction	Diversity	Exuberance
Affluence	Care	Conviviality	Dominance	Fairness
Aggressive	Carefulness	Coolness	Dreaming	Faith
Agility	Celebrity	Cooperation	Drive	Fame
Alertness	Certainty	Cordiality	Duty	Family
Altruism	Challenge	Correctness	Dynamism	Fascination
Ambition	Charity	Courage	Eagerness	Fashion
Amusement	Charm	Courtesy	Economy	Fearlessness
Anticipation	Chastity	Craftiness	Ecstasy	Ferocity
Appreciation	Cheerfulness	Creativity	Education	Fidelity
Approachable	Clarity	Credibility	Effectiveness	Fierceness
Articulate	Cleanliness	Cunning	Efficiency	Financial
Assertiveness	Clear-mindedness	Curiosity	Elation	Firmness
Assurance	Cleverness	Daring	Elegance	Fitness
Attentiveness	Closeness	Decisiveness	Empathy	Flexibility
Attractiveness	Comfort	Decorum	Encouraging	Flow
Audacity	Commitment	Deference	Endurance	Fluency
Availability	Compassion	Delight	Energy	Focus

Friendliness	Inventiveness	Peace	Resourceful	Strength
Frugality	Investing	Perceptiveness	Respect	Structure
Fun	Joy	Perfection	Rest	Success
Gallantry	Judiciousness	Perkiness	Restraint	Supremacy
Gentility	Justice	Perseverance	Reverence	Sympathy
Giving	Keeness	Piety	Richness	Synergy
Grace	Kindness	Playfulness	Rigour	Teamwork
Gratitude	Knowledge	Pleasantness	Sacredness	Temperance
Gregarious	Leadership	Pleasure	Sacrifice	Thankfulness
Growth	Learning	Poise	Sagacity	Thoroughness
Guidance	Liberation	Popularity	Saintliness	Thoughtful
Happiness	Liberty	Potency	Satisfaction	Thrift
Harmony	Liveliness	Power	Security	Tidiness
Health	Logic	Persistence	Self-control	Timeliness
Heart	Longevity	Persuasive	Selflessness	Traditionalism
Helpfulness	Love	Philanthropy	Self-reliance	Tranquillity
Heroism	Majesty	Practicality	Sensitivity	Transcendence
Holiness	Making a difference	Pragmatism	Sensuality	Trust
Honesty	Mastery	Precision	Serenity	Truth
Honour	Maturity	Preparedness	Service	Understanding
Hopefulness	Meekness	Presence	Sexuality	Unflappability
Hospitality	Mellowness	Privacy	Sharing	Uniqueness
Humility	Meticulous	Proactive	Shrewdness	Unity
Humour	Mindfulness	Professional	Significance	Usefulness
Hygiene	Modesty	Prosperity	Silence	Utility
Imagination	Motivation	Prudence	Silliness	Variety
Impact	Mysterious	Punctuality	Simplicity	Virtue
Independence	Neatness	Purity	Sincerity	Vision
Industry	Nerve	Realism	Skilfulness	Vitality
Ingenuity	Obedience	Reason	Solidarity	Warmth
Inquisitiveness	Open-minded	Recognition	Solitude	Watchfulness
Insightful	Openness	Recreation	Soundness	Wealth
Inspiration	Optimism	Refinement	Speed	Wilfulness
Integrity	Order	Reflection	Spirit	Willingness
Intelligence	Organization	Relaxation	Spirituality	Winning
Intensity	Originality	Reliability	Spontaneity	Wisdom

DISCOVER YOUR TOP VALUES

Look at all of the words you came up with in your speeches and in your values exploration and write down the 10 most important words in the space below.

MY MAIN 10 VALUES ARE:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

THE VALUES MODEL

VALUES → THOUGHTS → FEELINGS → ACTIONS → RESULTS

Our values influence our thoughts, which impact our feelings, which impact our actions, which become our results.

Now, narrow the list down again to your top five values.

You can do this by:

- Grouping common values into one value
- Taking out the values that are so much a part of you that you don't need to be reminded about them on a daily basis
- Deciding on the top, most important six that you shouldn't be without in order to be your full potential

MY 5 KEY VALUES ARE:

1. _____
2. _____
3. _____
4. _____
5. _____

CARRY YOUR VALUES WITH YOU

Conscious awareness of your values enables you to make decisions and set priorities with ease. Write them in your diary, hang them in your bathroom and put them on post-it notes on your mirror.

describe

HOW YOUR FIVE KEY VALUES ARE
BEING EXPRESSED IN EACH OF THE KEY
AREAS IN YOUR LIFE.

01 YOUR CAREER

02 FINANCES AND WEALTH

03 FRIENDS AND FAMILY

04

FUN, RECREATION AND ENTERTAINMENT

05

HEALTH AND FITNESS

06

LOVE LIFE

07

PERSONAL/SPIRITUAL DEVELOPMENT

describe

HOW YOUR FIVE KEY VALUES ARE NOT
BEING EXPRESSED IN EACH OF THE KEY
AREAS IN YOUR LIFE.

01

YOUR CAREER

02

FINANCES AND WEALTH

03

FRIENDS AND FAMILY

04

FUN, RECREATION AND ENTERTAINMENT

05

HEALTH AND FITNESS

06

LOVE LIFE

07

PERSONAL/SPIRITUAL DEVELOPMENT

08 PHYSICAL ENVIRONMENT

Do any of your top values need to change to achieve the new results that you are looking for right now? If so, what specifically do you need to change?

What are three things you discovered about yourself through this process so far?



INTERESTED IN LEVELING UP YOUR LEGACY LIFE?

Click the button below to fill out an application to work with me!

Your amazing legacy life is waiting for you, but you must take the first step. My clients are living a more intentional life with a heightened level of professional and personal satisfaction in less than 12 weeks. Let me help you too.

[APPLY TO WORK WITH ME](#)

halasabry.com/apply

Hala yoyo