

EverClimb Workbook

EverClimb

Noun: A community for growth, resilience, and purpose.

Verb: To intentionally pursue growth by cultivating meaning, developing purpose, enhancing focus, and building community.

EverClimb isn't a standard dictionary word, but it's a powerful term combining:

- “Ever” – meaning always, continually, or without end.
- “Climb” – meaning to ascend, rise, or overcome challenges.

Throughout this workbook, you're going to develop a deeper sense of purpose (durability), a growth mindset (resilience), and a sense of adventure (joy).

What You'll Gain from the EverClimb Course

- **Clarity and direction** → know what you stand for and where you're going.
- **A practical system for ongoing growth** → tools you can use long after the program ends.
- **Stronger relationships** → build trust, respect, and deeper connections with the people who matter most to you.
- **Resilience in adversity** → handle setbacks, stress, and uncertainty without losing yourself.
- **Control over your mindset** → stay steady under pressure instead of reacting emotionally.
- **A deeper sense of peace** → feel grounded and content, regardless of circumstances.

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Section II: Naming Mountains

- Reflection, key experiences, personal SWOT.

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- Self-worth is the recognition of your value as a human.

Section IV: Physical Health <> Mental Health

- It's more than improving your mood.

Section V: Focus & Goals

- Focus, clarity, boundaries, meaningful productivity.

Section VI: Focus & Goals (cont.)

- Attainment goals, lifestyle goals, turning goals into action.

Section VII: Habits

- We don't create our future. We create our habits and our habits create our future.

Section VIII: Resilience

- What is resilience and how can we develop it?

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- Creating space in your life so you can take care of yourself and others.

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Values & Purpose

Living on Purpose

Living on purpose is the state of consistently giving your time and attention to the things that are most important to you.

True productivity and time management are not based on efficiency, but rather on vision and values.

Living on purpose requires clarity, vision, and goals before seeking to define what it looks like to be intentional and productive (not just busy) in each area of your life.

Self-help and productivity “tricks” that promise lasting change apart from a foundation of purpose, personal values, vision, and integrity are merely skin deep and will not last.

It is important to identify what matters to YOU before you set goals, change your schedule, or start new habits. Life can be tedious, hectic, and full of challenges and demands.

If you are spending most of your time on things that don't matter to you, it will be nearly impossible to maintain motivation and joy in the midst of life's tensions.

The starting line for **purpose and meaning** in your life is to have clarity on your values and your mission.

Defining values matters because values act as a decision framework.

Developing a clear purpose will help align your calendar with your values.

Living disconnected from your values causes inner friction, leading to chronic dissatisfaction and burnout.

What are some of your most important relationships?

In the list below, write down the names of the most important relationships in your life and include who you are to them.

[illegible]

What are some of your most important responsibilities?

[illegible]

Journal: Ask yourself the following questions about your roles

How often do I find that I am consumed by one or two roles in my life, and that the others do not receive the time and attention I'd like to give them?

.....
If so... what are the roles that currently consume most of my time and attention, and which are the roles that I would prefer to give more time and attention to instead?

.....
If I were to list out the tasks and goals that matter most to me in my life right now, how many of them are aligned with the roles that are currently receiving most of my time and attention?

What difference would it make in the quality of my life to consider these roles on a regular basis and to ensure that my activities are balanced?

.....
Do I believe that it is within my control and ability to change which roles receive and require the majority of my time and attention? Why?

Identify Your Values

Your **values** are your **operating system** for your life.

When you don't name them, you still live by them. You just do it accidentally, reactively, or based on other people's priorities. When you *do* identify them, a few powerful things happen:

1. Decisions get clearer (and faster)

- Values become filters.
- Instead of "What should I do?" you're asking "What aligns with who I am and who I want to be?"
- This cuts through overthinking and guilt.

2. You stop borrowing goals that aren't yours

- A lot of burnout comes from chasing things that look impressive but feel empty.
- Values help you distinguish *achievement* from *meaning*—and aim at both, intentionally.

3. Consistency beats motivation

- Motivation fades. Values don't.
- When life gets hard, values give you a reason to keep showing up even when you don't feel like it.

4. Boundaries get easier

- When you know what matters most, saying "no" to something or someone feels less like rejection and more like alignment.
- You protect your time, energy, and relationships with less resentment.

5. Identity replaces willpower

- Instead of forcing behaviors, you act from identity:

- “I do this because this is who I am.”
- That’s how habits stick and character forms.

6. Life feels more coherent

- Your work, relationships, hobbies, health, and goals start pointing in the same direction.
- That alignment creates a quiet confidence—and a sense that your life actually makes sense.

Identify Your Values

There are several ways to identify your values. On the next page, you're going to complete a value "downselect" or card sort, where you select, group, and narrow down a list of 50+ potential values (e.g., integrity, freedom, adventure) to a top 10.

This method, combined with your legacy statements, will help you clarify what truly matters.

Methods for Identifying Values:

- **Values Downselect:** Review a list of values, cross out those that do not resonate, and circle the values that do resonate. Circle about 10.
- **Peak Experience Analysis:** Identify times in your life when you felt most satisfied, energized, or proud. These moments often highlight your core values.
- **Frustration/Trigger Analysis:** Reflect on what makes you angry or frustrated. Often, these emotions reveal values that are being violated, such as feeling frustrated by disorganization, revealing a high value for efficiency.
- **The "80th Birthday Party" Exercise:** Imagine your 80th birthday; what do you want people to say about you and what you stood for?
- **Role Model Reflection:** Think of people you admire and identify the specific qualities they possess that you wish to emulate.

Values Down Select

From the list below, circle about 10 values that stand out to you as those which you consider most important in your life right now.

Accomplishment	Effectiveness	Learning
Acceptance	Equality	Leisure
Achievement	Excitement	Loyalty
Accountability	Faith	Mastery
Advancement	Family	Openness
Adventure	Freedom	Originality
Altruism	Fun	Passion
Autonomy	Goodness	Patience
Belonging	Growth	Personal Excellence
Challenge	Health	Play
Collaboration	Helping Others	Pleasure
Communication	Honesty	Power
Community	Humor	Practicality
Compassion	Independence	Prestige
Commitment	Inner Peace	Productivity
Competition	Innovation	Quality
Connection	Integrity	Recognition
Control	Intelligence	Relationship
Cooperation	Intention	Reputation
Creativity	Involvement	Respect
Curiosity	Knowledge	Responsibility
Diversity		Results

Risk

Simplicity

Tradition

Security

Spirituality

Trust

Self-improvement

Structure

Variety

Self-realization

Teamwork

Wealth

Wisdom

Feel free to add a value(s) if you don't see a value you would like to include in your list.

List out the values you circled 1 - 10. Rank the values with number 1 being most important to you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

It's your 80th Birthday Party

Imagine your 80th birthday; what do you want people to say about you and what you stood for?

This is your **legacy statement**.

Using the spots on the following pages, for each of the people from your important relationships list, write the following:

1. Their name OR their anonymous role (friend, co-worker).
2. Select a value, character trait, or legacy you hope you'll have passed on to that person.
3. What is something related to that character trait, value, or legacy that you would want them to say about you at your 80th birthday?

Write a Legacy Statement

Person:

Value, Character Trait, or Legacy I passed along

Their statement about me

Person:

Value, Character Trait, or Legacy I passed along

Their statement about me

Person:

Value, Character Trait, or Legacy I passed along

Their statement about me

Choosing Your Top 2 Core Values

Looking back at the previous pages....the values you circled and the values you selected for your legacy statements...

Pick the two values that mean the most to you right now.

1. _____

2. _____

How Do You Express Your Top 2 Core Values?

Describe how you express your core values as if you already live each value out exactly as you would want to. Many of us see our faults all too well, or we are still maturing in our ability to express our values; that's ok.

In the space below, describe your values as if you do it perfectly all the time.

Value (*example*): Intention

Description (*example*)

I am an intentional person. I plan my day with focus and clarity. I say no to things that don't align with my personal values. I love myself well by being intentional with my time and money, and not being too hard on myself when things get off track. I love others well by intentionally investing in relationships and by caring about others more than myself. I am a thoughtful person, and I intentionally seek joy and adventure.

Value 1:

Description:

Value 2:

Description:

Write your Personal Mission Statement

The final step.

Steven Covey describes a mission statement as a “personal constitution.” It serves as a compass for long-term goals and day-to-day decision-making.

Instructions:

Using your answers from the previous pages, use your role(s) and values to craft a personal mission statement. This will get you started with a first draft of your life’s mission statement.

You can always edit and rewrite it or completely start over from scratch with something else entirely. You can also use AI tools for support.