

Removing the Masks of DOING Identities to
Uncover the Beauty Of Simply BEING YOU



UNMASK THE TRUE VALUE OF YOU

I Make a Difference | Melinda Cates

VALUE IDENTITIES

WHAT ARE VALUE IDENTITIES

A Value Identity is like a mask or role you've adopted—often unconsciously—that you believe makes you valuable to others.

It's how you've learned to prove your worth based on early experiences, family dynamics, and societal messages.

These identities can help navigate the world, but they can also limit your potential, dilute your connection to your intrinsic value and limitless self-worth and disconnect you from your True Self.

THE FOLLOWING VALUE IDENTITIES

The information contained in this workbook details an array of value identities, They are broadly grouped into related Value Identities, based on the core motivation or value system.

There is a category heading, then a list of value identities under the heading, with a brief description of each of them, highlighting the motivation behind the identity and the actions or outcomes that make them feel of value.

THE FOLLOWING VALUE IDENTITIES

Your steps...

Read through the category headings and descriptors, and tick the ones that you identify with.

Then with those particular categories, go to their page to explore the different types of value identities to be more specific in identifying the ones you know you adopted.

VALUE IDENTITIES



THE SUPPORTER

You find a deep sense of fulfilment in nurturing, caring for, and empowering others. You often prioritize their well-being and seek to make a positive difference in their lives.



THE PROTECTOR

You are driven by a fierce sense of justice and a deep compassion for those in need. YOU stand up for what's right, defending the emotionally and physically vulnerable, caring about them and taking action to create safety and security.



THE PROVIDER

You find deep satisfaction in ensuring others feel cared for and supported by meeting their needs, generously offering resources, necessities, and a sense of security.



THE GUARDIAN

You are a steadfast champion of principles, values, and beliefs, standing strong against injustice and working tirelessly to protect what you hold sacred.



THE SERVER

You find deep meaning in dedicating yourself to the well-being of others or a cause greater than yourself, often through acts of service, compassion, and unwavering support.

VALUE IDENTITIES



THE SUPPORTER

Driven By: A deep sense of fulfillment in nurturing, caring for, and empowering others. You often prioritize their well-being and seek to make a positive difference in their lives.

THE SUPPORTER INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Helper:** Readily assist others with their tasks and problems, finding satisfaction in being the "go-to" person for support.
- **The Caregiver:** Dedicated to taking care of others' needs—their physical, emotional, and practical well-being.
- **The Nurturer:** Provide warmth, comfort, and emotional nourishment to those around you, creating a sense of safety and belonging.
- **The People Pleaser:** Prioritize the happiness and approval of others, often at the expense of your own needs and desires.
- **The Cultivator:** Love to foster growth and development in others or projects, supporting them to reach their full potential.

VALUE IDENTITIES



THE PROTECTOR

Driven By: A fierce sense of justice and a deep compassion for those in need. You stand up for what's right, defending the emotionally and physically vulnerable, and taking action to create safety and security.

THE PROTECTOR INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Protector:** Instinctively shields others from harm, creating a sense of security and standing up for their well-being.
- **The Warrior:** Courageously fight for and defend others, whether physically or verbally, confronting injustice and standing strong for what you believe in.
- **The Rescuer:** Driven by compassion and a desire for others not to suffer, you intervene in crises and difficult situations, offering aid and support to those who need it most.

VALUE IDENTITIES



THE PROVIDER

Driven By: A deep satisfaction in ensuring others feel cared for and supported by meeting their needs, generously offering resources, necessities, and a sense of security.

THE PROVIDER INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Food Provider** - Prepares, provides and ensures there is access to meals to ensure the nourishment and health of people and their enjoyment
- **The Financial Provider** - Takes responsibility for generating and managing financial resources to support people
- **The Resource Provider** - Supplies necessary resources such as clothing, supplies, or other essentials to those in need.
- **The Shelter Provider** - Provides safe and secure housing for individuals or families, ensuring they have a place to live and feel protected.

VALUE IDENTITIES



THE GUARDIAN

Driven By: A steadfast commitment to protecting principles, values, and beliefs, standing strong against injustice and working tirelessly to preserve what you hold sacred.

THE GUARDIAN INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Guardian:** Safeguards values, traditions, or principles, ensuring their preservation and continuity, often acting as a custodian of what is sacred or important.
- **The Ethical Guardian:** Upholds and champions ethical standards, emphasizing fairness, justice, and moral integrity in all situations.
- **The Advocate:** Courageously champions causes and speaks for the marginalized or voiceless, fighting for justice and what is right.
- **The Legal Guardian:** Defends and upholds the legal rights of individuals, often representing those who cannot represent themselves.

VALUE IDENTITIES



THE SERVER

Driven By: A desire to find deep meaning in dedicating yourself to the well-being of others or a cause greater than yourself, often through acts of service, compassion, and unwavering support.

THE SERVER INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Volunteer:** Giving time and effort to help others without expecting anything in return.
- **The Servant:** Serving others and fulfilling their needs.
- **The Humanitarian:** Works to improve the well-being of people, especially in crisis situations, through various forms of aid and support.

VALUE IDENTITIES



THE HARMONIZER

You are driven by a deep desire for harmony and understanding, striving to create a peaceful and balanced environment by mediating conflicts, bridging differences, and fostering a sense of unity.



THE COMPASSIONATE SOUL

You are deeply moved by the experiences of others, offering empathy, understanding, and a safe space for healing and emotional support.



THE GUIDE

You thrive on sharing your knowledge, wisdom, and experience to help others navigate their paths, offering support, encouragement, and a clear vision for growth and transformation.



THE CONNECTOR

You thrive on bringing people together, fostering collaboration, and leveraging the power of shared connections to create something greater than the sum of its parts.



THE SEEKER

You are driven by an insatiable curiosity and a thirst for knowledge and understanding, constantly exploring new ideas, experiences, and perspectives to make sense of the world and your place within it.

VALUE IDENTITIES



THE HARMONIZER

Driven By: A deep desire for harmony and understanding, striving to create a peaceful and balanced environment by preventing and mediating conflicts, bridging differences, and fostering a sense of unity.

THE HARMONIZER INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Peacemaker:** Facilitating understanding and agreement between parties.
- **The Mediator:** Resolving disputes and conflicts between others.
- **The Diplomat:** Manages relationships between groups or nations, aiming to promote peaceful and cooperative interactions.
- **The Facilitator:** Guides group discussions and activities, ensuring that all voices are heard and that the group reaches consensus.

VALUE IDENTITIES



THE COMPASSIONATE SOUL

Driven By: Being deeply moved by the experiences of others, offering empathy, understanding, and a safe space for healing and emotional support.

THE COMPASSIONATE SOUL INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Healer:** Helping others heal physically, emotionally, or spiritually.
- **The Empath:** Deeply attuned to others' emotions and driven to ease their pain. providing understanding, empathy, and emotional support
- **The Listener:** Offering a sympathetic ear and understanding.
- **The Counselor:** Provides guidance and support to help others navigate personal challenges and mental health issues.
- **The Comforter:** Provides solace and reassurance to those in distress, offering emotional support and comfort.

VALUE IDENTITIES



THE GUIDE

Driven By: A love of sharing your knowledge, wisdom, and experience to help others navigate their paths, offering support, encouragement, and a clear vision for growth and transformation.

THE GUIDE INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Spiritual Guide:** Leading others in spiritual or religious matters.
- **The Mentor:** Guiding and advising others. Sharing experience and wisdom.
- **The Advisor:** Providing advice, solutions to problems and wisdom to others.
- **The Mystic as a Guide:** Sharing their insights, wisdom, and spiritual understanding to help others connect with their own inner truth,

VALUE IDENTITIES



THE CONNECTOR

Driven By: A passion for bringing people together, fostering collaboration, and leveraging the power of shared connections to create something greater than the sum of its parts.

THE CONNECTOR INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Connector:** Bring people together. You create a sense of community by connecting individuals based on shared passions and goals, fostering mutually beneficial relationships.
- **The Collaborator:** Shine when working in teams. You energize group efforts by harmonizing diverse talents and perspectives, leading everyone towards a common goal and celebrating shared success.
- **The Networker:** Master strategist of relationships, always expanding your web of connections. By skillfully linking people and resources, you create opportunities and drive collaborative achievement.

VALUE IDENTITIES



THE SEEKER...

Driven By: An insatiable curiosity and a thirst for knowledge and understanding, constantly exploring new ideas, experiences, and perspectives to make sense of the world and your place within it.

THE SEEKER INCLUDES THE FOLLOWING VALUE IDENTITIES

THE INTELLECTUAL SEEKER - You thrive on acquiring, analyzing, and sharing knowledge, finding fulfillment in expanding your own understanding and illuminating the world around you.

- **The Teacher:** Educating and enlightening others, imparting knowledge and fostering learning, guiding students to reach their potential.
- **The Scholar:** Acquiring and sharing knowledge, dedicated to rigorous study and research, contributing to their field and disseminating findings.
- **The Researcher:** Delving into systematic investigations, gathering data, tests hypotheses, and advances understanding in their area of expertise.
- **The Philosopher:** Exploring fundamental questions about existence, knowledge, and ethics, engaging in deep, reflective thinking, seeking to understand and explain the nature of reality.

VALUE IDENTITIES



THE SEEKER...

Driven By: An insatiable curiosity and a thirst for knowledge and understanding, constantly exploring new ideas, experiences, and perspectives to make sense of the world and your place within it.

THE SEEKER INCLUDES THE FOLLOWING VALUE IDENTITIES

THE SOUL SEEKER - You are drawn to explore the mysteries of existence, trusting your intuition, connecting with a higher power, and potentially sharing your insights to illuminate the paths of others.

- **The Mystic:** Seek direct experiences of the divine and the transcendent, relying on intuition and spiritual practices to connect with higher realms and uncover deeper truths about existence.

VALUE IDENTITIES



THE SEEKER...

Driven By: An insatiable curiosity and a thirst for knowledge and understanding, constantly exploring new ideas, experiences, and perspectives to make sense of the world and your place within it.

THE SEEKER INCLUDES THE FOLLOWING VALUE IDENTITIES

THE EXPERIENTIAL SEEKER - You crave novelty and adventure, seeking to uncover hidden truths and expand your horizons through direct experience, exploration, and connecting with diverse perspectives.

- **The Explorer:** Driven by a thirst for discovery - new places, experiences, and ideas constantly beckon you forward.
- **The Pioneer:** Forge new paths and venture into uncharted territory. Leading the way and charting the unknown fuels your spirit.
- **The Adventurer:** Live for thrills and pushing your limits. You're happiest when facing a challenge, chasing adrenaline, and embracing the unknown.

VALUE IDENTITIES



THE SEEKER...

Driven By: An insatiable curiosity and a thirst for knowledge and understanding, constantly exploring new ideas, experiences, and perspectives to make sense of the world and your place within it.

THE SEEKER INCLUDES THE FOLLOWING VALUE IDENTITIES

THE RECOGNITION SEEKER - You light up when others notice and appreciate you. You're naturally drawn to social scenes and find deep satisfaction in making a positive impact. Whether through charm, talent, or fitting in, you value being seen and remembered.

- **The Social Butterfly:** Thrive on connection, lighting up social scenes with your energy and charm. Being recognized and remembered fuels your spirit.
- **The Influencer:** Natural at captivating others and inspiring trends. Gaining followers and shaping opinions energizes you.
- **The Entertainer:** Making people laugh and enjoy themselves is your superpower. Spreading joy and creating memorable moments is your jam.
- **The Performer:** You command attention, captivating audiences with your talent and presence. The stage, in any form, is your natural habitat.

VALUE IDENTITIES



THE ILLUMINATOR

Your heart beats to make the world a brighter, more loving, and empowered place. You inspire positive change, uplift others with your vision, and radiate a light that guides those around you towards their own potential.



THE ACHIEVER

You are driven by a desire to excel, set ambitious goals, and leave your mark on the world, often taking charge, inspiring others, and finding deep satisfaction in reaching new heights.



THE CREATOR

You thrive on expressing your unique vision and bringing new ideas to life, finding joy and fulfillment in the process of imagining, creating, and innovating, regardless of the form it takes.



THE MAVERICK

You forge your own path, embracing authenticity, independence, and a fierce commitment to living life on your own terms, even if it means challenging conventions or defying expectations.

VALUE IDENTITIES



THE ILLUMINATOR

Driven By: A desire to make the world a brighter, more loving, and empowered place. You inspire positive change, uplift others with your vision, and radiate a light that guides those around you towards their own potential.

THE ILLUMINATOR INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Change Maker:** Passionate about making a real difference. You actively seek to create positive change — in yourself, in your community, or even the world — and inspire others to do the same.
- **The Lightworker:** A conduit for healing and positive energy. You approach life with a deep sense of purpose, guiding others toward spiritual growth, and illuminating the world with love and compassion.
- **The Inspirer:** Uplift and empower others with your actions, words, and creative spirit. You ignite possibilities, spark motivation, and leave people feeling hopeful and encouraged.
- **The Visionary:** See beyond the present, envisioning what's possible and inspiring others with your innovative ideas. You're a dreamer and a doer, always seeking to create a brighter future.

VALUE IDENTITIES



THE ACHIEVER

Driven By: A desire to excel, set ambitious goals, and leave your mark on the world, often taking charge, inspiring others, and finding deep satisfaction in reaching new heights.

THE ACHIEVER INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Achiever:** Driven by ambition and a hunger for accomplishment. Whether it's personal goals or professional milestones, you set your sights high and relentlessly pursue success
- **The Leader:** Natural at inspiring and motivating others to achieve great things together. You step into leadership roles, casting a vision and empowering a team to make it happen.
- **The Entrepreneur:** Thrive on turning ideas into reality, even if it involves taking risks. Building your own business, with all its challenges and rewards, is your path to fulfillment.

VALUE IDENTITIES



THE CREATOR

Driven By: A desire to express your unique vision and bring new ideas to life, finding joy and fulfillment in the process of imagining, creating, and innovating, regardless of the form it takes.

THE CREATOR INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Creator:** Bring new things into the world, leaving your unique mark through original work and self-expression.
- **The Artist:** Communicate emotions and perspectives through your chosen art form, whether it's painting, sculpture, dance, or any medium that sets your soul on fire.
- **The Innovator:** A problem-solver at heart, constantly seeking new and ingenious ways to improve existing ideas or invent groundbreaking solutions.
- **The Designer:** Create beauty and functionality in equal measure. You shape the world around us, making spaces and objects both aesthetically pleasing and purposeful.
- **The Musician:** Music is your language, a way to express emotions, tell stories, and connect with others on a soul level. Creating melodies and rhythms is your gift to the world.
- **The Inventor:** Sees possibilities where others see obstacles and create ingenious devices or processes to solve problems and improve lives.
- **The Writer:** Weild the power of language, weaving words into captivating stories, insightful articles, or thought-provoking prose that informs, inspires, and leaves a lasting impact.

VALUE IDENTITIES



THE MAVERICK

Driven By: A need to forge your own path, embracing authenticity, independence, and a fierce commitment to living life on your own terms, even if it means challenging conventions or defying expectations.

THE MAVERICK INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Free Spirit:** A soul on fire, driven by authenticity, freedom, and forging your path. You live life on your terms, embracing experiences that expand your horizons and ignite your soul.
- **The Rebel:** Rules are meant to be broken, at least in your book. You challenge the status quo, question authority, and push back against anything that stifles your individuality or sense of freedom.
- **The Individualist:** You walk to the beat of your own drum. You value independence, rawness, being real, and forging your own path, even if it means going against the grain or challenging conventional thinking.
- **The Disruptor:** You're here to shake things up and create positive change. You're a fearless innovator, a bold action-taker, and a relentless questioner of the status quo, unafraid to disrupt systems that no longer serve us.

VALUE IDENTITIES



THE CONFORMIST

You find safety and belonging in adhering to established rules, norms, and expectations, often prioritizing harmony and avoiding standing out from the crowd. You feel valuable when you fit in, follow the guidelines, and meet the approval of those in authority or the majority.



THE ORCHESTRATOR

You thrive on creating systems, leading teams, and turning visions into tangible realities. You excel in planning, organizing, and strategizing, bringing order to chaos and ensuring things run smoothly.



THE COMMUNITY WEAVER

You thrive on fostering connection, belonging, and a shared sense of purpose, weaving together individuals into a vibrant and supportive tapestry.



THE STEWARD

You are driven by a deep sense of responsibility to protect, preserve, and care for something greater than yourself, whether it's the well-being of animals, the environment, or the values and resources that sustain life.

VALUE IDENTITIES



THE CONFORMIST

Driven By: A desire for safety and belonging in adhering to established rules, norms, and expectations, often prioritizing harmony and avoiding standing out from the crowd. You feel valuable when you fit in, follow the guidelines, and meet the approval of those in authority or the majority.

THE CONFORMIST INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Good Girl/Boy** - a natural rule-follower, seeking attention, approval and validation by exceeding expectations and avoiding rocking the boat. You strive to be seen as "good" and worthy of love and acceptance.
- **The Rule Follower:** - Structure and order are your comfort zones. You thrive on knowing the "right" way to do things and meticulously following guidelines to avoid mistakes and gain a sense of control.
- **The People Pleaser:** As a Conformist - Making others happy is your priority, often at the expense of your own needs. You seek acceptance by conforming to expectations, avoiding conflict, and striving to be agreeable, even when it means silencing your own voice.

VALUE IDENTITIES



THE ORCHESTRATOR

Driven By: A passion for creating systems, leading teams, and turning visions into tangible realities. You excel in planning, organizing, and strategizing, bringing order to chaos and ensuring things run smoothly.

THE ORCHESTRATOR INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Organizer:** A master of logistics, effortlessly bringing order to chaos. Whether it's an event, a project, or simply your daily life, you create structure that allows everyone to thrive.
- **The Strategist:** You see the bigger picture and chart the course to success. Your analytical mind excels at crafting plans, anticipating obstacles, and setting everyone up for a win.
- **The Coordinator:** the glue that holds any team together. You excel at bringing people and resources together, ensuring everyone is aligned, informed, and working towards a shared goal.

VALUE IDENTITIES



THE COMMUNITY WEAVER

Driven By: A desire to foster connection, belonging, and a shared sense of purpose, weaving together individuals into a vibrant and supportive tapestry.

THE COMMUNITY WEAVER INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Community Builder:** A natural at fostering connection and belonging. You actively create spaces and opportunities for people to come together, nurturing a sense of shared purpose, support, and belonging within a community.

VALUE IDENTITIES



THE STEWARD

Driven By: A deep sense of responsibility to protect, preserve, and care for something greater than yourself, whether it's the well-being of animals, the environment, or the values and resources that sustain life.

THE STEWARD INCLUDES THE FOLLOWING VALUE IDENTITIES

- **The Animal Steward:** Caring for animals' well-being, advocating for their rights, and ensuring their proper treatment and conservation
- **The Environmental Steward:** Promoting sustainability, protecting natural resources, and mitigating environmental impact through conservation efforts and advocacy.



DISCLAIMER

This workbook is strictly for informational and educational guidance and motivational purposes. The author disclaims any liability for the decisions you make based on the information contained herein, which is not meant as medical or legal advice, or psychological counseling. Nor it is intended to replace seeking the advice of a professional.

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You, the reader, are responsible for your own choices and actions. The information contained within was written to help you make well-informed decisions based on what is right for you and your requirements. Results will vary from person to person.

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