

Values Discovery

EXPLORE WHAT IS DEEPLY MEANINGFUL



2) Identify some moments when you were your most **proud**. What did you accomplish? Did other people share your pride, and who were they? What was it specifically that was the source of your pride? Any other factors contribute to this pride?

3) Identify some moments when you were fulfilled and satisfied. What need or desire was fulfilled? How did this experience give your life meaning? What other factors contributed to your fulfilment and satisfaction?

4) If you take everyone else's opinions out of the equation, what is most important to you in life? Beyond your basic human needs, what **MUST** you have in your life to experience fulfilment? This can be things like creative self-expression, a strong level of health and vitality, a sense of excitement and adventure, to be surrounded by beauty, always learning etc.

5) What would you want your obituary to say? Yes, what do you want to be remembered for – what dent do you want to have in the world? What was your contribution to this planet?

6) Take a look at what you have planned today, how much of it feels truly meaningful and fulfilling to you?

7) Consider, if money and time weren't an issue and you could do whatever you wanted for a full day, what would you do?

**“Values are your compass in life.
They will be what will guide you.”**

Insights are Everything!

Insights Are Everything. What did you notice from your above answers? What are the common threads or patterns? What ties them all together? Are there any words you used over and over again? What ones have an extra potent charge to them? Write down anything you notice.

Now, taking into account everything you've just explored and uncovered about yourself, list FOUR core values. See over the page for a list of values for ideas, but go with what your heart tells you.

Value One _____

Value Two _____

Value Three _____

Value Four _____



Values Inspiration

Highlight the words below that truly stand out to you.

Acceptance	Courage	Giving	Motivation
Accomplishment	Courtesy	Generosity	Openness
Accountability	Creation	Genius	Optimism
Accuracy	Creativity	Goodness	Order
Achievement	Credibility	Grace	Organization
Adaptability	Curiosity	Gratitude	Originality
Alertness	Decisive	Greatness	Passion
Altruism	Decisiveness	Growth	Patience
Ambition	Dedication	Happiness	Peace
Amusement	Dependability	Hard Work	Performance
Assertiveness	Determination	Harmony	Persistence
Attentive	Development	Health	Playfulness
Awareness	Devotion	Honesty	Poise
Balance	Dignity	Honor	potential
Boldness	Discipline	Hope	Power
Bravery	Discovery	Humility	Present
Brilliance	Drive	Imagination	Productivity
Calm	Effectiveness	Improvement	Professionalism
Candor	Efficiency	Independence	Prosperity
Capable	Empathy	Individuality	Purpose
Careful	Empower	Innovation	Quality
Certainty	Endurance	Inquisitive	Realistic
Challenge	Energy	Insightful	Reason
Charity	Enjoyment	Inspiring	Recognition
Cleanliness	Enthusiasm	Integrity	Recreation
Clear	Equality	Intelligence	Reflective
Clever	Ethical	Intensity	Respect
Comfort	Excellence	Intuitive	Responsibility
Commitment	Experience	Irreverent	Restraint
Common Sense	Exploration	Joy	Results-oriented
Communication	Expressive	Justice	Reverence
Community	Fairness	Kindness	Rigor
Compassion	Family	Knowledge	Risk
Competence	Famous	Lawful	Satisfaction
Concentration	Fearless	Leadership	Security
Confidence	Feelings	Learning	Self-reliance
Connection	Ferocious	Liberty	Selfless
Consciousness	Fidelity	Logic	
Consistency	Focus	Love	
Contentment	Foresight	Loyalty	
Contribution	Fortitude	Mastery	
Control	Freedom	Maturity	
Conviction	Friendship	Meaning	
Cooperation	Fun	Moderation	

Get Super Clear

You want to make sure that the values you have identified really resonate with you - across all areas of your life, career and vision for yourself - as they become our guiding light!

So I want you to answer these questions: Is this really who I am? Do these values make me feel good about myself? Would I be proud to tell others that these are my values, especially those I respect and admire? Are these values so important to me that they would cause me to act courageously - even in the face of opposition or unpopularity? Now measure your alignment and get into action.

For each value, give yourself a scale of 1-10 (one being the lowest and ten being the highest) to indicate where you are honouring and living in alignment with this value. Then list one way you could increase your rating - and make it measurable!

YOUR VALUE	CURRENT STATE 1 - 10	DESIRED STATE 1 - 10	MEASURABLE ACTION

Feedback

Feedback is feedback and that is all it is. We do not have to take it on and make it mean anything about us. We get to choose what we do with it - either do nothing or take action.

Task

Choose three people (mix it up between family, friends and colleagues) and either over the phone or in-person, complete the questionnaire on the following page.

For this to work, you are not allowed to justify any of their answers or talk about the answers they provide. Simply ask the questions and at the end say thank you for your time. The only words you are allowed to use are the questions and the thank you at the end.

Feedback Questionnaire - Person 1

How would you describe me in three words?

What would you say are three of my strengths?

What would you say are three areas I could improve on?

What three things do you love about how I am with you in our relationship?

When it comes to our relationship what three things could I get better at or improve on?

What would you say are three of my ineffective patterns I may not be aware of?

What would you say is the single biggest thing holding me back from my greatness?

Feedback Questionnaire - Person 2

How would you describe me in three words?

What would you say are three of my strengths?

What would you say are three areas I could improve on?

What three things do you love about how I am with you in our relationship?

When it comes to our relationship what three things could I get better at or improve on?

What would you say are three of my ineffective patterns I may not be aware of?

What would you say is the single biggest thing holding me back from my greatness?

Feedback Questionnaire - Person 3

How would you describe me in three words?

What would you say are three of my strengths?

What would you say are three areas I could improve on?

What three things do you love about how I am with you in our relationship?

When it comes to our relationship what three things could I get better at or improve on?

What would you say are three of my ineffective patterns I may not be aware of?

What would you say is the single biggest thing holding me back from my greatness?
