

Values

Our values reflect what is important to us in life.

Values are important because they guide our beliefs, attitudes and behaviour. They're at the heart of being authentic and having integrity.

The benefits of knowing your values

1. Values help you find purpose.

You can't expect to know what you want out of life if you don't know what's important in life.

2. Values help you develop a sense of self and grow your confidence.

Knowing your values means you can develop strong opinions and have confidence in them. You don't want to just go with the flow and agree with every Tom, Dick and Harold. Work out what you truly believe.

3. Values help you make good decisions.

When you're making tough decisions, your values will help you make the right call.

4. Values clear clutter and give you clarity.

Knowing what you value helps you rule out the things you don't want, need or believe are important in your life.

5. Values help you react in difficult situations.

Values are guiding principles for the way you show up and behave. They're your anchor point for authenticity.

You may know your values already, want to revisit them, or you may be really curious about what your values actually are. In any case, go ahead and dive in.

Okay, an interesting get-out-of-jail-free card... It's okay not to have family in your top 3 values. Most people don't. It may be the way you value honesty or your commitment to hard work that comes to life in the way you are with the fam. It's most important that you're honest with yourself.

Step 1: Your top values

Create a list of your most important 20 values. Don't try to put them in any order, just circle or highlight the 20 that resonate the most with you. You can add any that you want to the list.

Abundance	Common sense	Generosity	Mastery	Risk
Acceptance	Communication	Genius	Maturity	Satisfaction
Accomplishment	Competence	Goodness	Morality	Security
Accountability	Concentration	Grace	Meaning	Self-reliance
Accuracy	Confidence	Gratitude	Moderation	Selfless
Achievement	Connection	Greatness	Motivation	Self-control
Adaptability	Diversity	Growth	Openness	Self-respect
Alertness	Decisiveness	Happiness	Optimism	Sensitivity
Altruism	Dedication	Harmony	Order	Serenity
Ambition	Dependability	Health	Originality	Service
Amusement	Determination	Hard work	Organization	Sharing
Assertiveness	Development	Hope	Passion	Significance
Activism	Devotion	Helping others	Patriotism	Silence
Adventure	Dignity	Honesty	Peace	Simplicity
Ambition	Discipline	Honour	Persistence	Sincerity
Art	Discovery	Humour	Physical challenge	Solitude
Attention to detail	Drive	Humility	Play	Spirit
Authenticity	Effectiveness	Imagination	Pleasure	Spirituality
Autonomy	Efficiency	Influence	Power	Spontaneity
Awareness	Empathy	Improvement	Poise	Stability
Balance	Empower	Independence	Potential	Status
Beauty	Endurance	Individuality	Power	Strength
Boldness	Energy	Innovation	Precision	Structure
Bravery	Enjoyment	Insight	Presence	Story telling
Brilliance	Enthusiasm	Inspiration	Professionalism	Style
Challenge	The environment	Integrity	Protection	Success
Change	Equality	Intelligence	Pride	Support
Charity	Ethical	Intensity	Productivity	Surprise
Collaboration	Excellence	Intuition	Purpose	Sustainability
Community	Excitement	Irreverence	Quality	Teamwork
Compassion	Experience	Joy	Quantity	Timeliness
Calm	Experimentation	Justice	Realistic	Tidiness
Candor	Expertise	Kindness	Reason	Time
Capability	Exploration	Knowledge	Rebellion	Tolerance
Certainty	Expressive	Laughter	Recognition	Toughness
Competence	Family	Leadership	Recreation	Tradition
Competition	Feminism	Lawfulness	Reflection	Tranquility
Courage	Financial Security	Learning	Relationships	Trust
Contentment	Freedom	Love for yourself	Reliability	Truth
Contribution	Friendship	Love for others	Respect	Understanding
Consistency	Fairness	Leisure	Responsibility	Uniqueness
Contentment	Fun	Liberty	Restraint	Valor
Creativity		Logic	Results	Victory
Curiosity		Loyalty	Reverence	Vigor
Commitment		Music	Rigor	Vision

Step 2: Clarify your Top 3

Follow these steps to uncover your top 3:

1. Group common values
2. Use a process of elimination which decide which values are your top 3

My top 3 Values are:

- 1.
- 2.
- 3.

Step 3: Understand where your values come to life

Looking at your list of 3 core values, list which are expressed in each area of your life

1. Personal life | Friends | Social life
2. Family
3. Work
4. Significant other

Step 4: Understand where your values are not expressed

List which of your 3 core values are not expressed in each area of your life

1. Personal life | Friends | Social life
2. Family
3. Work
4. Significant other

Step 5: Understand the impact of your values in your life

What's the impact in each area of your life?

What insights are you having?

1. Personal life | Friends | Social life

2. Family

3. Work

4. Significant other

Step 6: Bring your values into all areas of your life

This is a biggy. What can you do to bring all of your values into all areas so you're leading your most authentic life?

1. Personal life | Friends | Social life

2. Family

3. Work

4. Significant other