



How to guide - Defining Your Values

Live and Tell Your Story

Why?

- Most of us don't know our values. We don't understand what's most important to us. Instead, we focus on what our society, culture, and media values.
- Values exist, whether you recognise them or not. Life can be much easier when you acknowledge your values – and when you make plans and decisions that align with them.

Example - If you value family, but you have to work 70-hour weeks in your job, will you feel internal stress and conflict? And if you don't value competition, and you work in a highly competitive sales environment, are you likely to be satisfied with your job?

- Values guide our behavior, providing us with a personal code of conduct. When we are in alignment with our personal core values consistently, we experience fulfillment.

Activites

1. Consult 'The List' to Make 'Your List'.

[Here is a list of 230 Core Values to kick-start your process.](#)

It's important that your values reflect **you** so please use your own language

Now... make a list of values that you feel best describe you.

While you are doing this think of big life experiences, small daily moments, hard decisions you've made, sacrifices you've endured and accomplishments of any size.



Take at least 3 days to keep adding to your list.

2. Guiding Questions

Your actions say more about how you live your values than picking through a bunch of words. These questions will help you consider actions...

1. Identify times when you're the happiest. Find examples from work and personal life.

- What were you doing?
- Were you with other people? Who?
- What other factors contributed to your happiness?

2. Identify Time when you were most proud. Find examples from work and personal life.

- Why were you proud?
- Did other people share your pride? Who?
- What other factors contributed to your feelings of pride?

3. Define the times you were most fulfilled and satisfied. Again, work and personal life.

- What need or desire was fulfilled?
- How and why did the experience give your life meaning?



- What other factors contributed to your feelings of fulfillment?

Prioritise

As per Step 3 in this week's challenge, this step is probably the most difficult because you'll have to look deep inside.

Pick 5 values the speak to you at the deepest level.

My Values

In case you're wondering. These are my values. I know I cheated, I've got 6.

1. Making a meaningful difference in the lives of others – helping people to change
2. Being my best self – making the most of every opportunity
3. Courage to have a go – boldness
4. Freedom and liberty
5. Authenticity/vulnerability and connection.
6. Having Fun and laughter