

What are Values?

Values are an emotional state that we want to experience on a consistent basis. They can guide us in our choices and our decisions.

When we know what we truly value, then making decisions and living the most fulfilled life possible, is easy.

Happiness, success and all the great things in life, come when we are living congruently with our values.

But what if we're not living up to our values? Does it really make that much difference?

Well say we use Sally as an example. Sally has CONTRIBUTION as her top value and because of this she decided to join the Police Force in order to serve and contribute as much as she could to the community. She loves her role and feels deeply fulfilled as she is living in-line with her values. However, as time passes, Sally gets promoted up the ladder. She finds herself in a role that demands a lot of paperwork be done, where she must oversee and discipline new recruits and where she no longer has any contact with the community. She now gets home from work, unhappy, unfulfilled and wondering where the joy went from her career. Sally has forgotten about her values.

If she had been more aware of them, then she may have opted for a different path up the ladder or she could have incorporated other things into her life to fulfill her top value.

You see when you're unaware of your values, you violate them every single day and this creates tension within you which in turn leads to destructive behaviours and decisions.

Bottom line is don't be like Sally and if you find yourself identifying with her, then the good news is there's something you can do about it.

The following Values exercise will assist you to identify what's important to you so you can take steps to living your best life.

STEP 1

Choose and write down every core value that resonates with you from the list below. Don't overthink your selection. Simply write down what words feel like a core value to you and feel free to add any that are not on the list if they feel important to you.

Abundance	Accomplishment	Acceptance
Accountability	Achievement	Adventure
Advocacy	Ambition	Appreciation
Attractiveness	Autonomy	Balance
Being the Best	Benevolence	Boldness
Brilliance	Calmness	Caring
Challenge	Charity	Cheerfulness
Cleverness	Collaboration	Community
Commitment	Compassion	Consistency
Contribution	Cooperation	Creativity
Credibility	Curiosity	Daring
Decisiveness	Determination	Dedication
Dependability	Diversity	Empathy
Encouragement	Enthusiasm	Ethics
Excellence	Expressiveness	Fairness
Family	Flexibility	Friendships
Freedom	Fun	Generosity
Grace	Growth	Gratitude
Happiness	Health	Honesty
Humility	Humour	Inclusiveness
Independence	Individuality	Innovation
Inspiration	Intelligence	Intuition
Joy	Kindness	Knowledge
Leadership	Learning	Love
Loyalty	Making a Difference	Mindfulness
Motivation	Optimism	Open-Mindedness
Originality	Passion	Performance
Personal Development	Peace	Perfection
Playfulness	Popularity	Power
Preparedness	Proactivity	Proactive
Professionalism	Punctuality	Quality
Recognition	Relationships	Reliability
Resilience	Resourcefulness	Responsibility
Responsiveness	Risk Taking	Safety
Security	Self-Control	Selflessness
Service	Simplicity	Spirituality
Stability	Success	Thankfulness
Thoughtfulness	Traditionalism	Trustworthiness
Understanding	Uniqueness	Usefulness
Versatility	Vision	Warmth
Wealth	Well-Being	Wisdom

STEP 2

Group the values that go together in a way that makes sense to you and only create a maximum of five groups as per the example below.

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Well-being	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humour
Freedom	Kindness	Mindfulness		Inspiration
Independence	Love			Joy
Flexibility	Trustworthines			Optimism
Peace	Relationships			Playfulness

STEP 3

Choose one word from each column that best represents how you would label that group. Don't overthink it and remember there is no right or wrong as it's all about you.

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Well-being	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humour
Freedom	Kindness	Mindfulness		Inspiration
Independence	Love			Joy
Flexibility	Trustworthines			Optimism
Peace	Relationships			Playfulness

STEP 4

Now write down your values and rank them in order of importance to you.

STEP 5

Now it's time to get coached on them!