What do we mean by values?

Values are basic and fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values describe the personal qualities we choose to embody to guide our actions; the sort of person we want to be; the manner in which we treat ourselves and others, and our interaction with the world around us. They provide the general guidelines for conduct.

When aligning with our values we tend to feel more energetic, positive, and live with clarity.

some ideas...

#1. Pick the ten things in your life that are the most important to you, one on each post-it, in the form of a value.

Eg. rather than name a specific person you 'family' or 'friendship', or 'honesty', something you value is the relationship with that person.

Use the words in the box as a guide, but feel free to choose any that aren't on there.

My values

📝 Think about your 3 core values.

You might want to reword them to better define what they mean to you, or add notes around why you chose these.

Ask yourself / discuss the following questions:

What do I feel about the values I ended up with?

Were they expected or did they surprise me?

How do these values show themselves in my everyday life?

What actions do I already take to live by them?

What actions would I like to take to live by them?

📝 Reduce the list.

You have 30 seconds to pick the 3 post-its that are least important to you and move them to the box below.

Why!

A range of 3 - 5 values is ideal. You want to avoid a length list to ensure the values selected are both essential (non-negotiable) and memorable (easy to recall).

That doesn't mean other values are ignored; simply that they are less integral to you.

Less important to me

📝 Reduce the list further.

You have 20 seconds to discard 2 more post-its into the box.

Be nice no the timings and don't value more than specified. Use your gut feelings!

📝 And one last time.

You have 20 seconds to discard 2 more.

📝 Now you have your values. Consider the following questions:

1. Where do I want to be in the next one, five or ten years?

2. Where will my life be in one, five, or ten years if I continue doing what I am doing today?

3. Am I living a lifestyle that promotes physical, mental and spiritual wellbeing?

4. What would I do if I wasn't afraid of anything?

5. Am I giving the people I value most enough time?

6. What will be my biggest regret if I were to die tomorrow?

📝 Repeat in 6 months.

Your values may change so this is worth repeating a few times a year.

Which values change?

Which values stay the same?