

DISCOVER YOUR VALUES



BecomingWhoYouAre.net

Welcome to Discover Your Values!

Thank you for downloading this mini-workbook, I hope the content is useful to your journey through authentic living.

Discover Your Values is designed to help you discover your values and what it looks like to live them. Over the next pages, you'll find out what values are, why they're important, a list of key values you can use as a reference, and a selection of thought-provoking questions designed to help you become more conscious of what values are important to you.

To make the most of this workbook, I recommend dedicating some solid thinking time to the questions within (an hour should be enough). After all, your values are the foundation of your life's decisions - big and small - so it's worth providing them with proper care and attention.

What are values?

Our personal values are a set of beliefs and qualities that we strive to live by. They are key qualities and psychological concepts that are deeply important to us and our sense of the world. When we live in accordance with our values, our external actions and behaviours match the internal qualities that are most important to us.

In general:

When our behaviour is consistent with our values, we feel contentment, satisfaction, 'flow', happiness and internal strength.

When our behaviour is misaligned with our values, we feel lethargic, purposeless, depressed, frustrated and even angry.

We might also experience uncomfortable or 'negative' feelings when our values are quashed by external situations or people.

Why are they important?

One way to think of values is that they are an internal compass that guide our direction in life. That's why it's so important to be aware of what they are and use them to make key decisions. Values don't include actions, like

running, or possessions, such as money. Instead they are the fulfilled *needs* behind those things - in those examples, health and security.

Going through life without a sense of our key values is like walking into a store and buying a new pair of shoes with our eyes closed: chances are they'll be the wrong size, the wrong style, and not at all what we wanted.

Equally, we end up with a life that doesn't suit us, leaves us feeling uncomfortable, dissatisfied, awkward (even in pain), and a life that's more something that just happened to us, rather than something we consciously chose.

So how do we find out what our values are?

Discovering our core values is one of the first and most important steps involved in living authentically. Each of us walks around with an internal set of values, however these can become buried beneath the expectations and values of others, the weight of social conformity, false beliefs, as well as messages and lessons we learned during our upbringing.

As adults, our responsibility is to examine and evaluate our authentic values. This process starts with identifying which values are important to us. In the questions that follow, I'll guide you through a process that involves choosing values that resonate, separating out your own authentic values from conditioned, inauthentic values, and translating these values into real-life action.

Ready?

Let's go...

Values Worksheet

Some of these questions will refer to the List of 100 Values, which you can find on page 7. This list can be a helpful resource, and you might want to print it out so you can refer to it easily in the future.

Laying the Foundations

To start with, we're going to look at the emotional evidence for your values. These questions are based on memory, so take as much time as you need to paint a detailed picture.

1) When have I felt happy, fulfilled and proud of myself?

When you have these times in mind, try to identify what *elements* of the situation in particular left you feeling happy, fulfilled and proud.

2) When have I felt most regretful?

Just as we feel happy and fulfilled when we are living our values, we can experience feelings of regret, depression, emptiness and sadness when we are not living our values.

3) When have I felt frustrated, unfulfilled, empty or annoyed?

This is a sign that your values might be being quashed - either by parts of yourself or by external situations or people.

4) What activities put me into a "flow" state?

"Flow" is a term coined by Mihály Csíkszentmihályi and describes activities that engross us: usually they are challenging, fulfilling, and make us lose track of time.

5) Who are my role models? What qualities about these people do I admire?

These are people you find inspirational, who embody qualities or lead a lifestyle you aspire to.

6) What are my natural gifts and qualities?

When do people turn to you for help? What gifts and qualities do you appreciate about yourself?

Evaluating our Values

On the next page is a list of 100 personal values. Some are unique within the list, others are nuanced variations of other values. This list will be useful for the next few questions.

7) Read through the list as many times as you need to, and mark the values that resonate with you.

You can mark as many values as you want; simply make a note of anything that feels meaningful.

Once you feel satisfied you have captured all the values that have meaning, look at each one in turn and ask yourself the questions below:

8) When and how was I taught the importance of this value?

This could be a direct lesson, or a sense of importance you picked up by watching other people's behaviour.

9) What feelings come up for me when I think about this value?

What emotional associations do you have with each of these words?

10) Do I embody this value in my life now? If so, how? And if not, why not?

Can you identify this value translating into actions and behaviours? If not, what do you think is preventing you from embodying this value in your life (this could be an internal or external force or situation).

11) Is this value really mine?

One way to answer this question is to evaluate whether it's something you think you 'should' embody. If so, that's a sign that it might be a core belief or self-concept rather than an authentic value.

Making Our Values Real

Now that we're aware of what our values are, we can take steps to translate that knowledge and understanding into conscious action.

If you've marked more than five values on the list above, you might find it helpful to narrow the list down to your five most important values for the next section.

12) Imagine a best or ideal version of yourself 10 years in the future. What does your life look like?

Take time to detail your family life, career, leisure time, hobbies and goals, going into as much detail as possible. If you're having trouble selecting your top five values in the present, this exercise can help clarify which values are most important to your future goals and aspirations.

13) What activities can I use to live my five most important values in the present?

Translate your values from abstract terms into real-life activities.

For example, one of my most important values is growth. In real life, that breaks down into my career, my personal life, and my self-knowledge. For my business, I've started setting annual BHAGs (Big Hairy Audacious Goals) and tracking their progress. I meet my need for intellectual stimulation and learning about new areas of interest in my personal life through reading, watching and listening to new material. I also engage in activities that deepen my self-knowledge, such as journaling. Most importantly, this is a process; I am always on the look out for resources I can use to further growth in my professional, personal and internal worlds.

A list of values

Abundance
Acceptance
Accomplishment
Adaptability
Affection (loving and caring)
Altruism
Ambition
Assertiveness
Assurance
Audacity
Awareness
Beauty
Brilliance
Certainty
Challenge
Change
Clarity
Commitment
Community
Compassion
Confidence
Conformity
Congruency
Connection
Consciousness
Consistency
Control
Conviction
Courage
Creativity
Credibility
Curiosity
Daring
Decisiveness
Discipline
Empathy
Enthusiasm
Fairness
Family

Fearlessness
Fidelity
Flexibility
Freedom
Friendship
Frugality
Fun
Generosity
Gratitude
Growth
Health
Honesty
Imagination
Independence
Individuality
Influence
Integrity
Intellect
Intimacy
Introspection
Intuition
Justice
Kindness
Loyalty
Maturity
Meaning
Mindfulness
Non-conformity
Obedience
Open-mindedness
Optimism
Passion
Peace
Power
Practicality
Rationality
Realism
Reflection
Reliability
Reputation
Resilience
Resourcefulness

Respect
Responsibility
Security
Self-control
Selflessness
Self-reliance
Self-respect
Sensitivity
Sensuality
Strength
Trust
Truth
Unity
Warmth

What Next?

Thanks for reading *Discover Your Values*. I hope you've enjoyed it and, more importantly, I hope you've found it helpful when thinking about your values and how they show up in your life.

Put your values into action, and take a look at the following books and courses that are designed to accompany you into an authentic life:

Get to know yourself on a deeper level and delve into the delights of journaling with [The Ultimate Guide to Journaling](#).

Broaden your self-knowledge and learn more about what makes you tick in just 10 minutes a day with [4 Weeks of Self-Knowledge](#).

Get clarity, support and perspective on your own journey into authentic living and contact me about [one-to-one coaching](#).

I'd love to see you join the discussion, so come and say "Hey" and connect with more authentically-minded wonder-peeps on [Facebook](#) and [Twitter](#).

I look forward to seeing you there!