



Your Values Workbook

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WELCOME TO YOUR VERY OWN CORE VALUES WORKBOOK

“It does not interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away”

The Invitation (Oriah Mountain Dreamer).

Core values are those things at the very core of you, your preferences and priorities, what matters most, those things that sustain you ‘when all else falls away’.

Values are not right or wrong. They are not moral judgements. They are simply what matters to you most. There is no list of things that should be on your values list. Although family, health, making-a-difference, and faith are common values, there is nothing that says you must have certain values on your list.

This workbook will allow you to clarify and write down what your personal core values are.

You will be able to produce your very own values wheel. Your wheel is a visual representation of your values. This visual summary allows you to track your values, to communicate them to others and use them as a basis for your goals, decisions and day-to-day life.

Those that live a life aligned to their values tend to be happier, more effective and more successful (according to their own views of what success means).



Let's Get started

Find a time when you can work quietly without interruption for an hour or two. I know that sounds frightening in our busy modern lives. I promise you, the time you give will come back to you in spades - in the future – when you create a life more focused and targeted on your own values. If you can't find one chunk then a series of smaller slots over the next week or so is just fine also.

Find yourself a large piece of paper or whiteboard, some pens (or markers) and a cup of tea or coffee or even wine, but only the one, in that case, please.

Step 1: Clarifying your core values

Simply read each of the questions below and write any words or short phrases that come to mind on your large piece of paper (or if you prefer you can use the spaces provided below).

Q1. Think of someone you admire. What is it you admire about them? For example, it may be that they make a difference to nature, or that they keep their promises. Write down the short phrases or words that represent this e.g. 'Making-a-difference', 'integrity', or 'honesty'. Repeat a few times for other people you admire.

Q2. Think of a relationship that works well for you in your life. Ideally between you and someone else. What are some of the things about the relationship that make it work? Write the words or phrases that represent this e.g. 'supportive', 'trust', 'unjudgmental' or 'freedom'.



Q3. Think of an achievement in your life which you are very proud of. What were some of the values you displayed to achieve this? For example, 'hard work', 'determination' or 'creativity'.

Q4. If right now all the important people (alive or dead) in your life were in the room and describing you. What would you like to hear them say? Do not focus on what you think they would say, look at what you would ideally like them to say.

Q5. Think of a time recently, ideally within the last month, when you felt very happy or content. What were some of the things going on, or some of the things you were displaying that made you feel this way. Perhaps you were sitting in your garden and being close to nature and enjoying silence were the main things that made this enjoyable. If this was the case, you may write 'nature' and 'quiet time' on your list.



Q6. Think of a time (any time in your life) when you felt most yourself or closest to who you really are. What made you feel this way? Were you being creative? making a difference? Learning? Getting fit?

Q7. Think of a time when you felt inspired and energised. What made you feel that way?

Q8. Think about your life growing up, what values did you see in the role models around you that you liked or wished to emulate. These may have been parents, teachers, community leaders, or children at school.



Q9. What values did you see displayed in people around you that you did not like or wish to emulate? When you think of these does it remind you of any values important to you now. For example, you may have had a teacher or parent you thought was dishonest, and now perhaps 'honesty' is important to you.

Q10. If you were to describe your ideal partner, friend or business colleague, what values would they display?

Q11. Are there any values you are living by that are not important to you/make you unhappy? If so, consider adding the opposite of them to your list. For example, you may be eating poorly or smoking when you value 'health' or 'wellbeing'.



Look at the list of values below - do you see anything here that you would like to add to your own list. Just Do it!



Acceptance
Accountability
Accuracy
Achievement
Adventure
Aesthetic
Affection
Animal welfare
Art
Awe
Belonging
Business growth
Career fulfilment
Challenge
Change / Variety
Client satisfaction
Comfort Zone
Communication
Community
Competence
Competitiveness
Cooperation
Creativity
Decisiveness
Democracy
Education
Effectiveness
Empathy
Environment
Equality
Excellence

Family
Fellowship
Fitness
Flexibility
Freedom
Friendship
Fun
Giving
Growth
Health
Honesty
Integrity
Intelligence
Justice
Knowledge
Laughter
Leadership
Learning
Love and Caring
Loyalty
Making-a-difference
Me-time
Nature
Order / Stability
Passion
Personal Growth
Pleasure
Power
Privacy
Problem Solving
Profit

Public Service
Quality
Recognition
Recreation
Religion
Reputation
Respect
Responsibility
Science
Security
Self-fulfilment
Self-Knowledge
Serenity
Simplicity
Social Change
Social Justice
Sophistication
Spirituality
Status
Teamwork
Thrill
Trust
Truth
Understanding
Unity
Variety
Wealth
Wisdom



Step 2: Boil it down

Lay all your notes and phrases out in front of you. Take a highlighter or colour pen. Now imagine you only have **five votes** for the most important things in your life.

You will have many common themes occurring; where something is written in more than one way - choose the one that resonates with you most. Write your top five values below:

1.....

2.....

3.....

4.....

5.....

Check one: are any of these on your list actually the same or very close concepts? If so, put them together.

Check two: Are there missing ideas you cannot fit into your five. Good news: there are two more spaces below, use them if you need to.

6.....

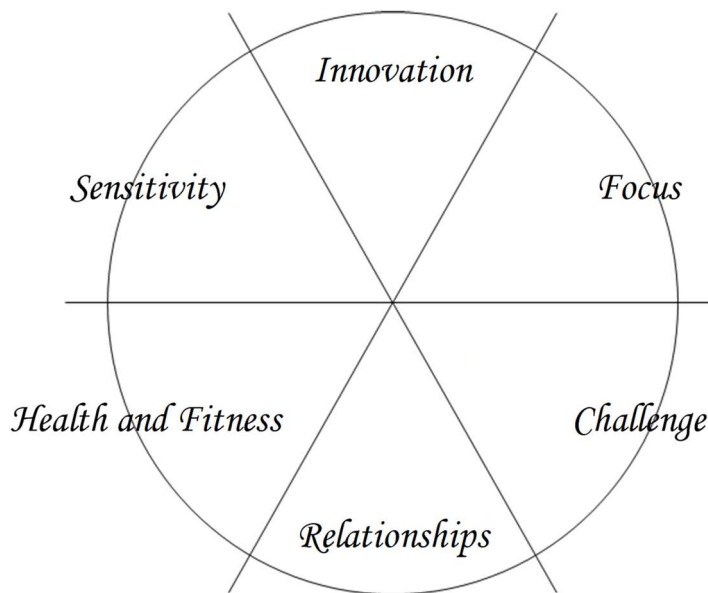
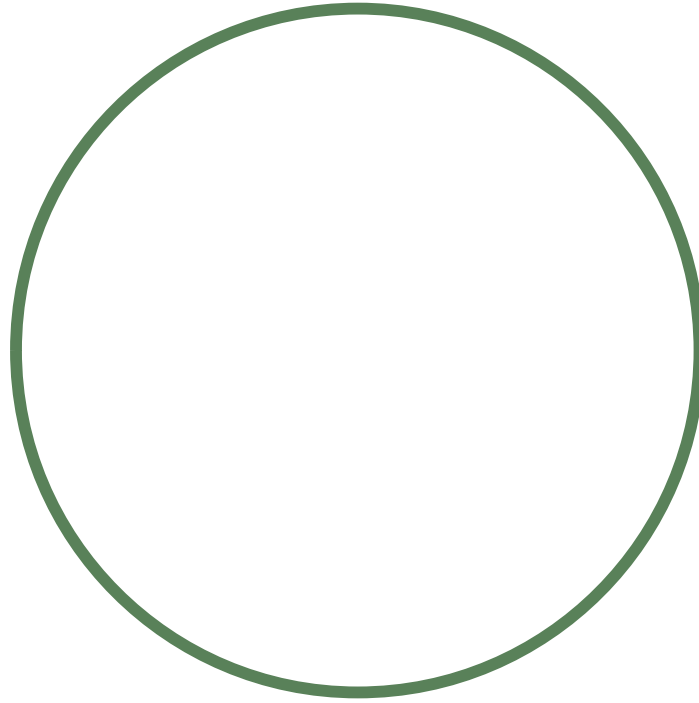
7.....

Check three: go back over your original notes and cross of each item ensuring it is covered in your top 5-7 above, or that it is not important enough to need adding. While you are doing this, write words, phrases, notes or even draw images to explain each of your top 5-7. Otherwise later you might not fully remember what the core value means to you, and a dictionary can't provide this for you, it's your life!



Step 3: Create your wheel

You should now have between five and seven “core values”. Divide the circle below, like a pizza, into as many pieces as you have values. Write each of your values in each slice of pizza. The image below shows you an example to help.



Do make sure that you also add some descriptor words, images or related values. I have a value I call 'Freedom' and underneath it, I have written Independence, Flexibility, Choice, and Variety. These are other values or ideas that describe in my own way what Freedom means to me. It is very important to add these.



What next?

Nice work. The task you have completed is one of the most central in creating and maintaining your best life.

As you go through the next few days, notice what is going on in your life around your core values:

- Where are they being supported?
- Where are they being neglected?
- Where is the potential conflict between what you value and what others around you value (e.g. family members, friends, or your employer?)

Future eBooks will look at how to assess your current status, values-based goal setting and decision making and more.



Take care and see you soon,

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