

Values

Values are the 'things' that are important to us - they represent the types of experiences we want to have regularly and the contribution we individually want to make in our lives,

- They can be very different between people
- We tend to uncover our values
- We use them to make decisions and to guide us through our lives

Values Clarification Worksheet

On a separate piece of paper answer the following questions honestly – these are designed to help you uncover what you value most.

- 1) If you were to win £1m in the lottery this weekend what would you do differently in your life?
- 2) If you only had 6 months to live what would you do differently?
- 3) What have you always wanted to do but have been afraid to try it?
- 4) If the genie from the lamp could grant you one skill or ability – what would you ask for?
- 5) What is it that gives you the greatest feelings of pleasure or happiness in your life?
- 6) What do you do that when you do you love it so much time just falls away?
- 7) What legacy would you like to leave? What 'dent' would you like to leave in the universe?
- 8) If you could not possibly fail what one thing would you dare to dream for yourself?

Do you live what you believe? Answer the following questions to help you further discover your values...

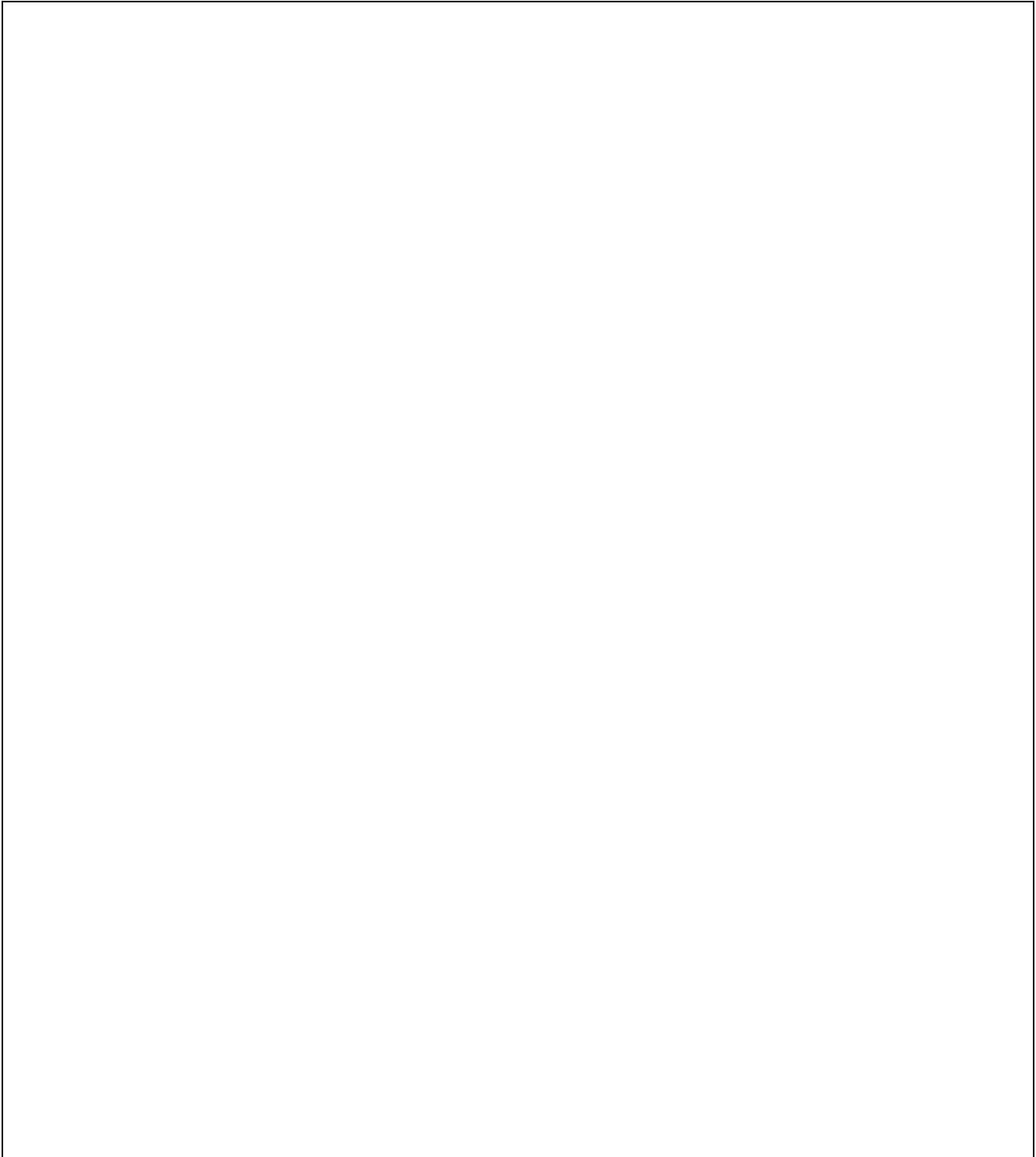
- 1) What do you want to contribute to the world?
- 2) What in your life interests you the most?
- 3) What do you feel passionate about?
- 4) What is important to you?
- 5) What do you want to accomplish?
- 6) What do you believe in?
- 7) What is your potential?
- 8) What do you stand for?
- 9) What list of values do you now have?
- 10) If you had to say what are your top 5 which of these are they?
- 11) Of your top 5 values – write them down in order of importance 1 being most important?
- 12) What have you learnt from completing this exercise?

What vision do you have for yourself? Use these questions to help clarify this for you...

- 1) What am I doing currently with my life? Does it contribute to my happiness and wellbeing?
- 2) What am I attracted to – is this different to what I am doing now?
- 3) What were my favorite things I did when I was young? Am I still doing any of these?
- 4) What am I most interested in right now?
- 5) What am I really good at?
- 6) What do people tell me I am good at?
- 7) What are the strengths and talents that are unique to me? Am I using these right now?

Christopher Brown Life Coach

Based on your answers above, what are the important things in your life? Also, you can use the list over to help you and write your thoughts here:

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and list important things in their life.

Lists of potential values:

<ul style="list-style-type: none">• Wealth• Security/stability• Colleague friendships• Customer comes first• Recognition• Passionate• Teamwork• Success• Achievement• Cheerful• Collaboration• Partnerships• Trust• Competition• Authority• Autonomy• Leadership• Reputation• Status• Loyalty• Personal development• Contribution• Financial security• Honesty• Integrity• Learning/intelligence• Creativity• Adventure• Progress• Innovation• Taking risks• Solving complex problems	<ul style="list-style-type: none">• Peace of mind• Wealth• Security• Good health• Relationships with...• Happiness/contentment• Family• Travel• Friendships• Freedom• Recognition• Passionate• Authenticity• Free time• Achievement• Success• Spiritual fulfilment• Personal development• Contribution• Financial security• Honesty• Integrity• Fitness and wellness• Learning/intelligence• Creativity• Kindness• Coaching• Mentoring• Stability• Corporate•
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My top 10 values are:

Prioritise your values

Add your values to the following table in order of importance to you. What is your first and most important values that drives the others? What is the next value and so on? Consider why you have them in the order you do through thinking about situations where you have used them to guide you or make decisions.

	Value	Why is it in this position?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Space for any further notes: