



# Identifying your Values

# Happy Heart Coaching

## What are 'Values'?

- Your **Values** represent what's important to you in life. Knowing your Values helps you understand what drives you, what you enjoy, what inspires you and what you'd like more of.
- By **building a life and lifestyle around your values**, you create a **life that is satisfying and meaningful**.
- **Important:** Values change over time and deepen as you understand yourself better - they are always moving. Your Values can also be situational e.g. what's true for you at work may not be true for you at home.
- The **Values List** below is to generate ideas, it is not exhaustive. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Values better. So, feel free to amend or add to the words in the list below.

- |                    |                   |                               |
|--------------------|-------------------|-------------------------------|
| 1. Accomplishment  | 34. Focus         | 67. Presence                  |
| 2. Accuracy        | 35. Forgiveness   | 68. Productivity              |
| 3. Acknowledgement | 36. Freedom       | 69. Recognition               |
| 4. Adventure       | 37. Friendship    | 70. Respect                   |
| 5. Authenticity    | 38. Fun           | 71. Resourcefulness           |
| 6. Balance         | 39. Generosity    | 72. Romance                   |
| 7. Beauty          | 40. Gentleness    | 73. Safety                    |
| 8. Boldness        | 41. Growth        | 74. Self-Esteem               |
| 9. Calm            | 42. Happiness     | 75. Service                   |
| 10. Challenge      | 43. Harmony       | 76. Simplicity                |
| 11. Collaboration  | 44. Health        | 77. Spaciousness              |
| 12. Community      | 45. Helpfulness   | 78. Spirituality              |
| 13. Compassion     | 46. Honesty       | 79. Spontaneity               |
| 14. Comradeship    | 47. Honour        | 80. Strength                  |
| 15. Confidence     | 48. Humour        | 81. Tact                      |
| 16. Connectedness  | 49. Idealism      | 82. Thankfulness              |
| 17. Contentment    | 50. Independence  | 83. Tolerance                 |
| 18. Contribution   | 51. Innovation    | 84. Tradition                 |
| 19. Cooperation    | 52. Integrity     | 85. Trust                     |
| 20. Courage        | 53. Intuition     | 86. Understanding             |
| 21. Creativity     | 54. Joy           | 87. Unity                     |
| 22. Curiosity      | 55. Kindness      | 88. Vitality                  |
| 23. Determination  | 56. Learning      | 89. Wisdom                    |
| 24. Directness     | 57. Listening     | 90. <i>Openmindedness (H)</i> |
| 25. Discovery      | 58. Love          | 91. _____                     |
| 26. Ease           | 59. Loyalty       | 92. _____                     |
| 27. Effortlessness | 60. Optimism      | 93. _____                     |
| 28. Empowerment    | 61. Orderliness   | 94. _____                     |
| 29. Enthusiasm     | 62. Participation | 95. _____                     |
| 30. Environment    | 63. Partnership   | 96. _____                     |
| 31. Excellence     | 64. Passion       | 97. _____                     |
| 32. Fairness       | 65. Patience      | 98. _____                     |
| 33. Flexibility    | 66. Peace         | 99. _____                     |

*"You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful." **Annie Lennox***



*"Be **yourself**, everyone else is already taken." Oscar Wilde*

### Checkpoint Questions:

Before you identify the values that are important to you from the list on the first page, please answer the 3 checkpoint questions below. Answer them quickly and intuitively. Do not take more than 30 seconds to answer each question. We'll refer to your answers later.

1. How would you change your life if you won the European Millionaire Maker prize in the lottery?
2. Imagine yourself in 20 years' time, what would you like to have achieved?
3. What sort of activities give you the greatest feelings of happiness, joy, pleasure and self-esteem?

### Identifying your Values exercise:

- Without thinking too deeply, highlight/circle each Value on the list overleaf that is important to you, whether it exists in your life now, or not.
- Remember these are **your** Values, there is no right or wrong.
- Now, thinking about each Value you've highlighted/circled, rate how important it is to you in your life right now, using the rating scale of High (H), Medium (M) or Low (L). See #90 as an example.

### Your 3-5 most important Values:

- Next, looking at the Values you rated as High, identify your 3-5 most important Values. Just go with your gut and identify those that stand out for you the most.
- For these top Values, ask yourself the following questions:
- How do I demonstrate this Value in my life? This may vary in different settings, such as home, work, relationships. Think about a specific example; what was the situation? How did you behave?
- It may help to write your answers on a separate piece of paper.
- Once you are confident that these 3-5 values accurately reflect the real you, it's likely that you've identified your **Core Values**.

### Crosscheck & Action:

- Crosscheck: Looking at your answers to the questions about your Core Values and comparing your answers to the Checkpoint Questions at the top of the page, what do you notice? Is there consistency in your behaviour? Can you see your Core Values in your answers to the Checkpoint questions?
- Action: Thinking about your Core Values, what **action(s)** could you take to bring more of them into your life through your choices and behaviour?

If you'd like to discuss this Values exercise and find out how working with a life coach could help you, contact Bev to arrange a complimentary 20-30-minute Discovery Call, details below.

*"Coaching is a conversation with YOU at its heart." Bev Tighe*