KNOW YOUR VALUES

A little note about values

Values are not just a list of nice words.

They are invaluable (see what I did there?!) guides in life, alerting you to what and who is right - and not right - for you, and enabling you to navigate life in a way that feels good to YOU.

Most value identification exercises involve selecting your values from long lists of words, which can be useful, but I've found that going through column after column of words can be a little overwhelming and draw me into picking words that I feel I "should".

It feels that the list approach encourages us to conjure values out of thin air, rather than bringing conscious awareness to what it is that really matters to us in life, beneath all the conditioning and "shoulds" we've picked up along the way.

We need to tune into what it is that the words are to represent before we choose the words, if that makes sense!

So, turn to the next page for a different way to approach it!

Remember...

↳ There are no right or wrong, or good or bad values — just YOUR values.

↳ Values are not static — they evolve as our understanding of ourselves does.

↳ The words you use for your values don't have to mean anything to anyone else.

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5 Steps to identify your values

1

List 3 or more decisions/times in your life that stand out as particularly good or bad.

Don't overthink this! It doesn't matter how "big" or "small" you think they are, just go with whatever pops into your head in response to the instruction. You don't have to explain or justify it!

2

Write about them: what happened, what made them good/bad, what mattered to you, how you felt.

Don't worry about structuring your writing, or making sense, or spelling or grammar - let it be a stream of consciousness. This is for your eyes only!

3

For the "bad" decisions/times, identify the opposite of the difficult outcomes & feelings you've written about.

If you've written about feeling lonely, for example, the opposite might be something like "connection" or "friendship" - but there's no right or wrong answer: only what feels right for you. If you're struggling, just put the word "not" in front of it for now.

4

For the "worst" decisions/times, identify the opposite of the difficult outcomes & feelings you've written about.

If you've written about feeling lonely, for example, the opposite might be something like "connection" or "friendship" - but there's no right or wrong answer: only what feels right for you. If you're struggling, just put the word "not" in front of it for now.

5

Identify the common/key positive outcomes and feelings, and put your own labels on them.

Read what you've written and notice what stands out for you as being important in making you feel good. Where you've used different words or phrases to describe basically the same things, choose a word to use as a label - and remember that the labels don't have to mean anything to anyone but you!

Hey presto, you have your values! ✨