

My values

Our values are our blueprint for how we view the world and see ourselves in it.

They impact how we judge situations, people, impact our decisions and our sense of self. They can also be the cause of our conflicts if someone goes against or doesn't meet our values or if we are not able to meet them ourselves.

We can also have conflicted values that make it impossible for us and others to meet all of our values and therefore cause us pain. In order to be happy and fulfilled we have to know what our values are and how to meet them for ourselves.

Below is a four-step process to get you to that awareness.

The 4 steps

1 List out your 10 top values, in no particular order for example



2 Then take the first value and compare it to each value listed below it. For each comparison choose which of the two you values you value the most. For example in the table below you would do the following:

Trust vs. respect

Trust vs. family

Trust vs. freedom

Once you get to the end of the list and you have marked an * for each comparison move to the next value. For example:

Respect vs. family

Respect vs. Freedom

And so on until you have compared each value to all the other values. Then order your table with your highest scoring value (the one with the most *) at the top

Importance *

**
*
*

3 Now looking at each value, write the rules or behaviours you need to see in order for that value to be met?

Value	Importance *	Behaviour / Rule
Trust	****	
Respect	***	
Family	**	
Freedom	*	
Excellence	*	

Are there any conflicts? i.e. by meeting one value you are not able to meet another?

4 And finally look at the results - how can you meet more of your values more often? What can you change in the rules you have that would make that possible? What actions can you take today?

If you want more help on understanding and living your values, please get in touch.