

# An invitation to work out: Values

Welcome. Kindly read instructions and follow through. Thank you.

1. Please review the list of words offered to you below. Each denotes a particular value. This is by no means an exhaustive list and you are more than welcome to add your own words or use words you might have identified in previous exercises you might have undertaken.
2. It is common for people to read through the list and say, 'I believe in all of these or many of them'. This is true. However, your first task here is to identify ten most important, to begin with. Notice words that resonate with you and engage your heart/ emotions/ passions.
3. As you review the ten you have selected, do a quick sanity check that these are **your** values and not those which an authority figure or community has said are important. Here's a good way to check this out: when you think about them, if you get an emotional reaction of **'this is most important to me, irrespective of what others think or say'**, they are yours.

Authenticity	Fame/ Power	Peace	Passion
Achievement	Nature	Pleasure	Altruism
Adventure	Fun	Poise	Security
Authority	Growth/ Learning	Popularity	Abundance
Autonomy/ Freedom	Happiness	Recognition	Clarity
Balance	Honesty	Religion	Commitment
Beauty	Humour	Reputation	Communication
Boldness	Influence	Respect	Community
Compassion	Inner Harmony	Responsibility	Justice
Meaningful Work	Sensuality	Accomplishment	Emotional Health
Citizenship	Kindness	Self-Respect	Environment
Community	Knowledge	Service	Excellence
Competency	Leadership	Spirituality	Family
Contribution	Service	Stability	Flexibility
Creativity	Love	Success	Freedom
Curiosity	Loyalty	Status	Friendship
Determination	Challenge	Trustworthiness	Fulfillment
Fairness	Openness	Wealth	Fun
Faith	Optimism	Wisdom	Holistic Living
Integrity	Orderliness	Self-Expression	Truth
Intimacy	Self-Care	Self-Mastery	Vitality
Joy	Partnership	Self-Realisation	Walking the Talk

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- Now that you have selected the top ten, rank them from one to ten based on their importance in your life, with one being the most important.
- Review the priority list of ten and mark off the top five that are non-negotiable. A good way to force this decision is to ask yourself the question: if this value was conflicted, **would I have a strong reaction? Which one would I have a stronger reaction to?**
- These are values important to you across life, however if you notice that some are more important at work and not personally or otherwise. Irrespective if they are VERY important and need to be in your Top 5 even though present in one aspect of life (or not) pull them in. At this stage we are identifying what is most important, not most used.
- If the list goes beyond five don't fret, notate them, However I do want you to limit them to max 6. Remember we are looking identifying core NON NEGOTIABLE right now in your life.
- Sometimes there is a cluster - some words mean similar things. Give it a thought and then choose one word and add other 'similar' words bringing clarity to your thinking on what nuance each one brings.
- Once you have your 5 (max 6) core non-negotiable values, sketch out a table as below and complete column 1 & 2. If you choose to sign up for a Values Workshop or a 1:1 Coaching session, we can build on Columns 2 & 3. Cheers!

**1. Interested in Workshop? [Email me](#)**

**2. Interested in 1:1 Coaching? [Email me](#)**

<b>Column 1:</b> Core non-negotiable values. Cluster words if any	<b>Column 2:</b> Reason(s) why I chose this. Earliest recollection of when you became aware of this being important. Could be a recent life event or a childhood experience/ role model	<b>Column 3</b>	<b>Column 4</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			