



Identifying your values

Intent and Purpose: Values remind us of who we are and who we are meant to be in the larger picture. This activity is to give clarity and to anchor you to the values that reflect your current path. It can also connect you back with what is important to you, to help align and centre you better.

Identifying and taking the time to understand one's values is an important and challenging exercise. Our personal values are central to who we are – and who we want to become.

When we have a good understanding of our values, we can use them to make important life decisions and answer questions such as:

Should I leave my job?

Should I accept this job promotion?

Should I compromise my standards?

Should I start my own business?

Should I follow tradition, or take a new path in life?

By becoming more aware of these important factors in our life, we can use them as a guide to make the best choice in any situation. Some of life's decisions are really about determining what we value most.

Take your time with this exercise – no need to rush through it! Please try to think of examples from your personal and professional lives while answering these questions.

Identifying your values

Step 1: Identify times in your life when you were at your happiest.

1. What were you doing?

2. Were you with other people? Who?

3. What other factors contributed to your happiness?



Step 2: Identify times in your life when you were most proud.

1. Why were you proud?

2. Did other people share your pride? Who?

3. What other factors contributed to this feeling of pride?



Identifying your values

Step 3: Identify times in your life when you felt most fulfilled and satisfied.

1. What need or desire was fulfilled?

2. How did this experience give your life meaning?

3. What other factors contributed to this fulfilment?



Step 4: Reflect on your answers. What we consider important, our ideas of success, failure, achievement, etc. are based on our personal values. When you look back on the various factors that you have noted, do you think they are based on your personal values? Try to connect your experiences with the values that determine them.

Consider why each experience is so memorable and important.

Without worrying about the order, make a list of your top 10 values.



Step 5: What did you learn

What did you learn about yourself and your values through this exercise?



Identifying your values

Step 6: Reaffirm your values - From the values that you have been able to arrive at, prioritise those that seem most important to you. Observe whether these top values align with how you are living your life and your vision for yourself.

1. Do these values make you feel good about yourself?
2. Are you satisfied with your top values?
3. Would you be comfortable telling people whom you respect about your values?
4. Do these values represent things you would support, even if your choice weren't popular, and it puts you in the minority?
5. Have you been able to consider these values in decision making? If not, what have been your challenges? Do you want to work on them?
6. Do you want to consider working on any other values that you think will make you feel good?
7. Regularly reaffirming and reflecting on our values are ways to encourage us towards the progress one wants to have in their life. Do you think you will use this technique going forward? (Remember, you are answering only for yourself so whatever you think is ok!)