



**POWER**  
YOUR LIFE  
COACHING



# "Your Values Discovery Journey"

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# How To Identify Your Values

**BRENE BROWN: “A value is a way of being or believing that we hold most important. Living into our values means that we do more than profess our values, we practice them.”**

For more information on Working with Your Values

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Our Values are the significant beliefs that are important to us, they are the aspects of Life that underlie our thoughts, feelings and behaviour and, as a result, our life.

In 21st century language, our Values are our inner GPS that guides how we live life!

Our Values influence our standards, morals, principles and beliefs - our ethics. They are the deal makers/deal breakers, our decision-making filters. Values rarely undergo significant change through our life. They are not stagnant or fixed. However, depending on where we are in our life's journey will impact how we express our Values.

To be fulfilled in life, we need to act in harmony or congruence with our Values. When our behaviour is out of sync with any of our Values, we feel out of sync with our life. The key is to get back in harmony with our Values.

Additional to knowing our Values is determining the Standards and Boundaries we choose to support our Values.

Standards are like rules, policies & processes; they help to define or describe our Values. eg Punctuality can be one of the standards for Professionalism.

Boundaries protect our Values. These are usually non-negotiables that are put in place to prevent our Values being breached.

In business, knowing our Values also has a HUGE impact on our credibility, our Know/Like/Trust factor because living in alignment with our Values allows us to live in alignment with our true self and to show up authentically, with authority, power and influence!!

## How to Identify your Values

1. Aim for approximately 6 (final) Values.
2. Circle all the Values that resonate with you. See page 2.
3. Categorise your Values and then select which one of these words inspires you most eg **Abundance** (money; time; health); **Relationships** (family, friends, clients, colleagues, communication, trust).
4. These now become your Values list. Eg
  - Abundance\_\_\_\_\_
  - Relationships\_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
5. Identify your Standards for each Value.
6. Decide your Boundaries for each Value.

# Select Your Values

## VALUES MENU

Authenticity, Achievement, Adventure, Appreciation, Authority, Autonomy, Ambition, Acknowledgement

Balance, Beauty, Boldness, Belonging

Compassion, Challenge, Community, Competency, Contribution, Connection, Creativity, Curiosity, Collaboration, Change, Communication, Commitment

Determination, Decisiveness, Democracy, Diversity

Equality, Excellence, Excitement, Expertise, Effectiveness

Fairness, Faith, Fame, Friendship, Freedom, Fun, Family, Financial security, Financial freedom

Growth, Gratitude

Happiness, Health, Honesty, Humour, Harmony

Integrity, Independence, Innovation, Intellectualism

Justice, Joy

Kindness, Knowledge

Leadership, Learning, Lightness, Love, Loyalty, Leisure

Meaningful Work, Mastery

Nature

Openness, Optimism, Order

Peace, Pleasure, Power, Prestige, Privacy, Productivity

Quality, Quantity

Recognition, Religion, Respect, Responsibility, Relationships

Safety, Self-acceptance Self-awareness, Self-expression, Self-love, Self-realisation, Self-respect, Serenity Service, Spirituality, Stability, Success, Status

Trustworthiness, Truth, Teamwork

Variety, Vitality

Wealth, Wisdom