

Discover your core values

your boundaries & your compass

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Introduction

What are personal values?

Your values are what you believe is most important to you, each of us having a unique blend deriving from our experiences and the influences we've had along the way.

Some of the time we'll adopt values we've grown up with and sometimes we'll reject them.

Either way they are there in the background and when you understand your unique value set, they can help you in shaping your world, making decisions...

Why do we need to understand them?

Living in a way that meets our values is most likely to feel comfortable and ease-full... when we don't live in a way that aligns with our values, we can feel restless, wrong or unhappy.

For example, if you have a strong value of teamwork, yet you work alone, you'll likely feel unfulfilled and just... missing something.

So, they offer a great place to check in when we don't quite feel like ourselves! There are of course plenty of exercises out there to help you discover your core values.

How do we discover them?

This is my favourite way as it dives deep.

I've come to understand that by considering two different angles we come up with a much more rounded, real, set of values than if we simply start with a list of words, which is the simplest way, however there's a risk you'll miss something if the list isn't broad enough.

We start by considering both joy and fulfilment, happiness and satisfaction.

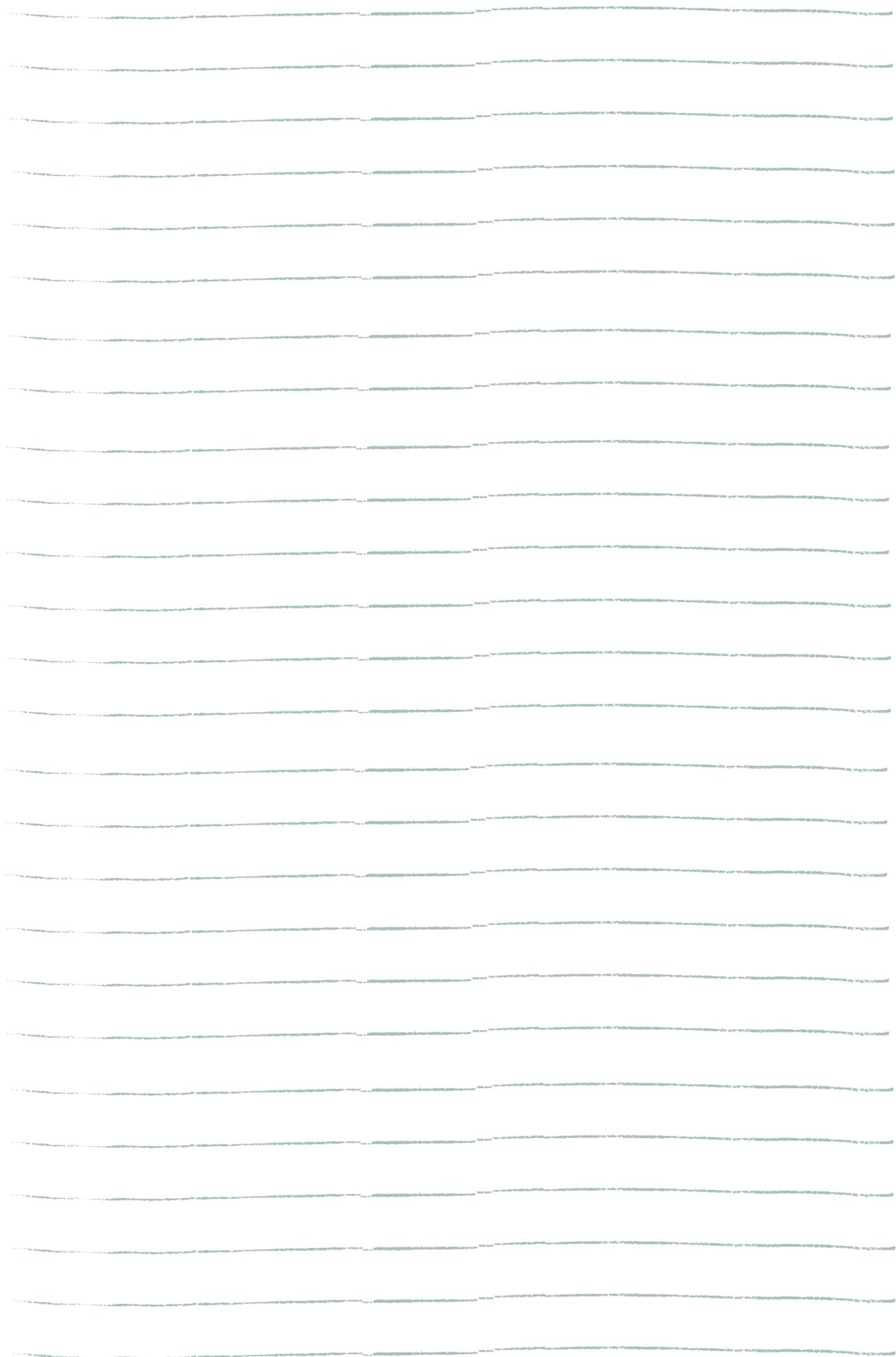
Part 1

Make a note of the times in your life when you've felt real joy & happiness, those times when you can't help but smile! Some of these might feel like fleeting moments... include these too as they're important and will give you some great information to help uncover your values.

Describe your joyful times. What were you doing? Who else was there? What is it about each memory that is important?

Use this space or your own journal & don't feel limited to one page!

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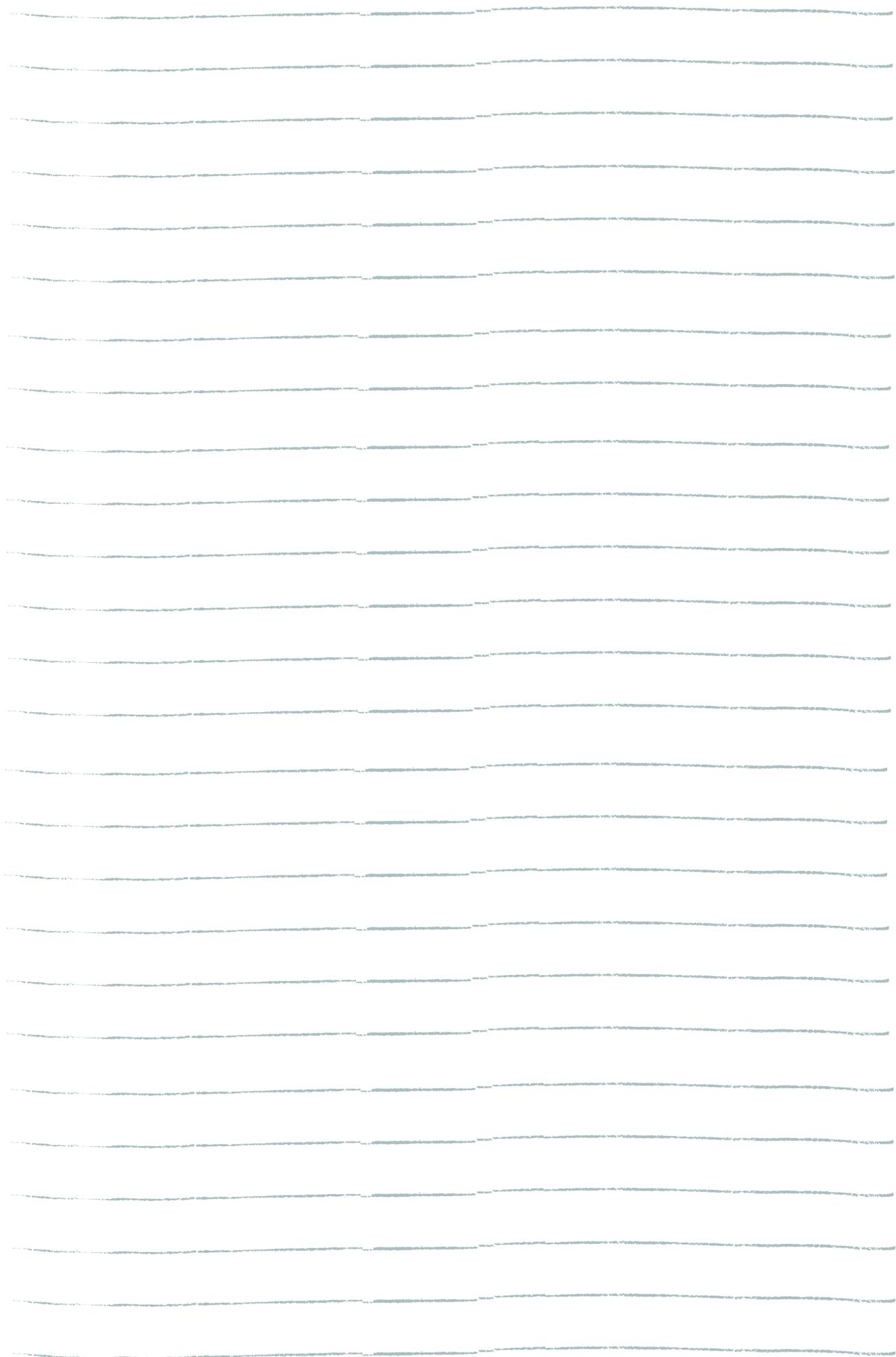
Part 2

Make a note of the times in your life when you've felt true satisfaction or fulfilment.

Describe these times. What were you doing? What did you get out of it? What made it important to you?

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Part 3

Make a note of any times when you've felt particularly uncomfortable. Don't spend long here but notice what in particular was missing for you, or what value might have been challenged, by someone else or the situation. You can find some good clues here!

(For example, if you felt very strongly when you witnessed someone being treated unfairly; this might suggest you have a value around fairness or equality.)

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Part 4

Look back over all that you've written and circle any words that feel important, including the positives that you came out of Part 3.

You're aiming for 5-7 values... if you brought together all the words you circled just here you might find more than 7, if so could you begin to group together any similar words? When you do this, which of the words in the group feels strongest? Or is there a different word that brings them together better? You can use the attached list of words for inspiration.

Let this take a little time, allow it to shift and settle; walk away and come back.

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A series of approximately 20 horizontal wavy lines, drawn in a light blue or teal color, spanning the width of the page. These lines are intended to provide a space for the user to write their reflections or groupings of words.

values

stability
happiness
achievement
passion
future generations
honesty
equality
love
freedom
faith
home
respect
wisdom
learning
curiosity
sense of duty
authenticity
wellbeing
community
support
gratitude
inclusion
innovation
independence
security
fun/sense of humour
success
contentment
truth
fairness
friendship
choice
forgiving
wealth
consideration
intelligence
development
tradition
risk taking
rationality
vitality
cleanliness

helpfulness
determination
creativity
responsibility
inner strength
pleasure
recognition
harmony
trust
justice
connection
variety
spirituality
loyalty
knowledge
growth
order
sense of authority
positivity
decency
caring hardworking
resourcefulness
reliability
joy
relaxation
appreciation
beauty
openness
courtesy
kindness abundance
tolerance
faithfulness
insight
challenge
sense of control
protection
contribution
professionalism
service
sense of purpose
commitment
dependability
balance
calmness

ambition
comfort
empathy
dignity
companionship
adventure
humility
politeness
acceptance
competition
obedience
compassion
sense of belonging
teamwork
nature
competence
uniqueness
generosity
making a difference
accountability
courage
moderation
inner peace
ethics
being valued
movement
simplicity
expression
integrity
camaraderie
excitement
grace
serenity
time
honour
excellence
realism
patience
cooperation
virtue
nurturing
capability
solitude
quality
add your own...

Part 5

When you return to your list of values, check in with them, how do they feel now?

Do they feel right? Are you proud of them, would you be happy to share with a friend?
(Note: If it feels good to me I sometimes name my values with different word, eg Stride instead of movement. This helps me to really connect!)

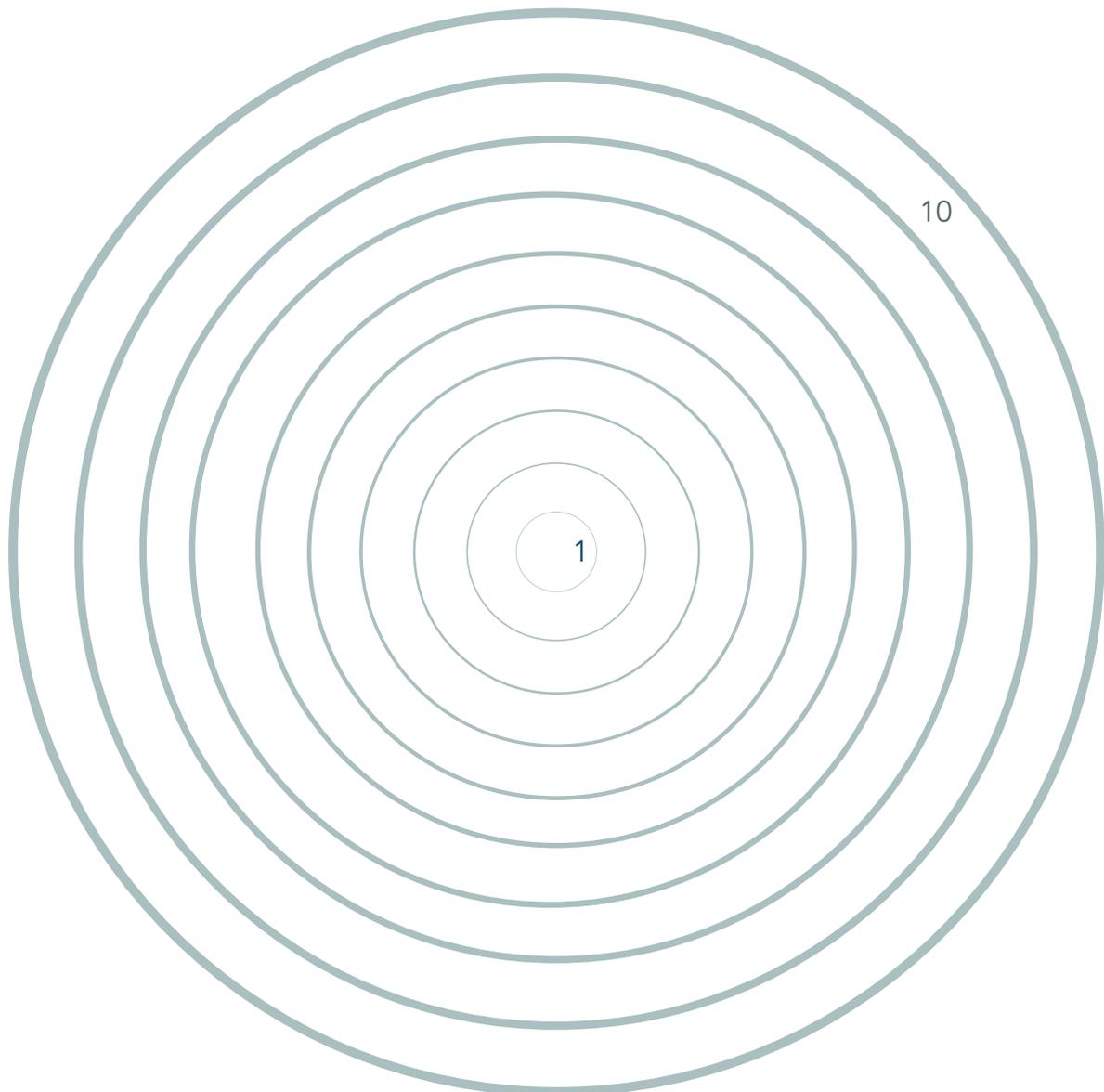
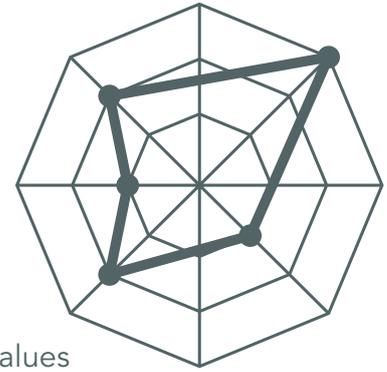
And can you see where in your life they are missing or challenged just now?
The Values Wheel on the next page can help you to answer this...

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Values wheel

Draw as many wedges as you need to represent your values, and label them around the outside of the wheel.

Consider, out of 10, how well you are incorporating each of your values into your life. Be gentle with yourself if some 'scores' feel low, this might be the first time you are noticing this, and that's ok.



Take a little time to think about how you could re-balance your wheel over the next few weeks. Make a note of some things you might start to do differently.

What would it feel like if you did?

sarah _____ _____ lynas

I've loved creating this for you, inspired by a number of values exercises which I've found incredibly useful.

If you know anyone else who would enjoy my work please do ask them to sign up to my weekly-ish letters at

www.sarahlynas.co.uk/letters

where they'll be first to hear about new launches, free resources & other opportunities to work with me.

This helps me to grow my business & help more people!

Thank you!