



4 Easy Steps to Knowing your Values

Values are who you are. Value words are shorthand for the beliefs, attitudes, and principles you live by. Your values guide and inform your choices, decisions, and actions, whether you know it or not. Values and personal power are yours for the knowing.

You need to explore and define your values so that you can live purposefully by them. Values need to be present in everyday actions. Take the following easy steps and clarify your **Deeply Held Values**.

Take these 4 easy steps to defining your values.

Step 1: Look at the **Values List** included below and instinctively circle, check off, any and all words that you believe describe your values.

Step 2: Answer the following questions –

- a) **What 3 people do you deeply respect?** (Doesn't have to be someone you know personally, choose anyone you hold in high esteem.)
- b) Can you describe **3 qualities you most admire** in each of these people?
- c) **Who are you when you are being your very best?** Describe yourself in 5 adjectives.

Step 3: Imagine that it is years in the future and you are listening to others give **your Eulogy**. They are saying such wonderful things about you because you lived your ideal life. Remember, this is your fantasy, you have lived the best and most fulfilling life you could have. **How would they describe you and how you lived?**

Step 4: Create one list of values from the 3 steps you have taken above. Keep reviewing them until you have come up with your **Top 5 Deeply Held Values**. Get clear about them. Write them on post-it notes and place them where you will see them, or write them on an index card, carry it with you and review it daily. At the end of a week review how you have spent your time. When you do things that let you express your values daily you will be living a powerful and fulfilling life. **Is what you are doing serving your values?**

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VALUES LIST

There are many, many ways to describe values. This list is only to inspire you.

Authenticity
Balance
Commitment
Compassion
Concern for others
Courage
Creativity
Empathy
Excellence
Fairness
Faith
Family
Freedom
Friendship
Generosity
Genuineness

Happiness
Harmony
Health
Honesty
Humour
Integrity
Kindness
Knowledge
Loyalty
Openness
Perseverance
Respect for others
Responsibility
Security
Serenity
Service to others



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