



## FINDING MY VALUES...

We all have values for different areas of our lives. For example, career values, relationship values etc.

Values provide us both with our motivation to do things and help us evaluate afterwards. Our top 5 values in an area determine how we spend our time in that area.

Values are a good way of checking your goals and helping you to make decisions. You are more likely to achieve your goals if they are in line with your values.

Our values are often unconscious and this exercise will help to make you aware of them.

- Elicit top 5 values
- Elicit motivation direction of each value (what it gets you or what you avoid)
- Elicit evidence criteria (how do you know when this value is satisfied?)

1. What's important to you about...?
  - a. So, what else is important to you about...?
2. If you could only have one, which would it be?
  - a. Find top 5...
3. Why is (*that value*) important to you?
  - a. Why else? Why else?
  - b. Does it get something or avoid something?
4. How do you know when you have (*value*)?
  - a. What do you see, here, feel?

## Check your goals...

Are your goals aligned with your values for this area?

