

# Defining your personal values



# 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. Notice what you were doing, who else was there, and see if you can spot just what it was that brought you joy each time.

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

[illegible]



# Part 2

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

Describe these times. Notice what you were doing, who else was there, what were the important factors, and see if you can notice just what made it meaningful for you.

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

[illegible]



# 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.)

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

[illegible]

# Part A

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.

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

[illegible]



# 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



# 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...

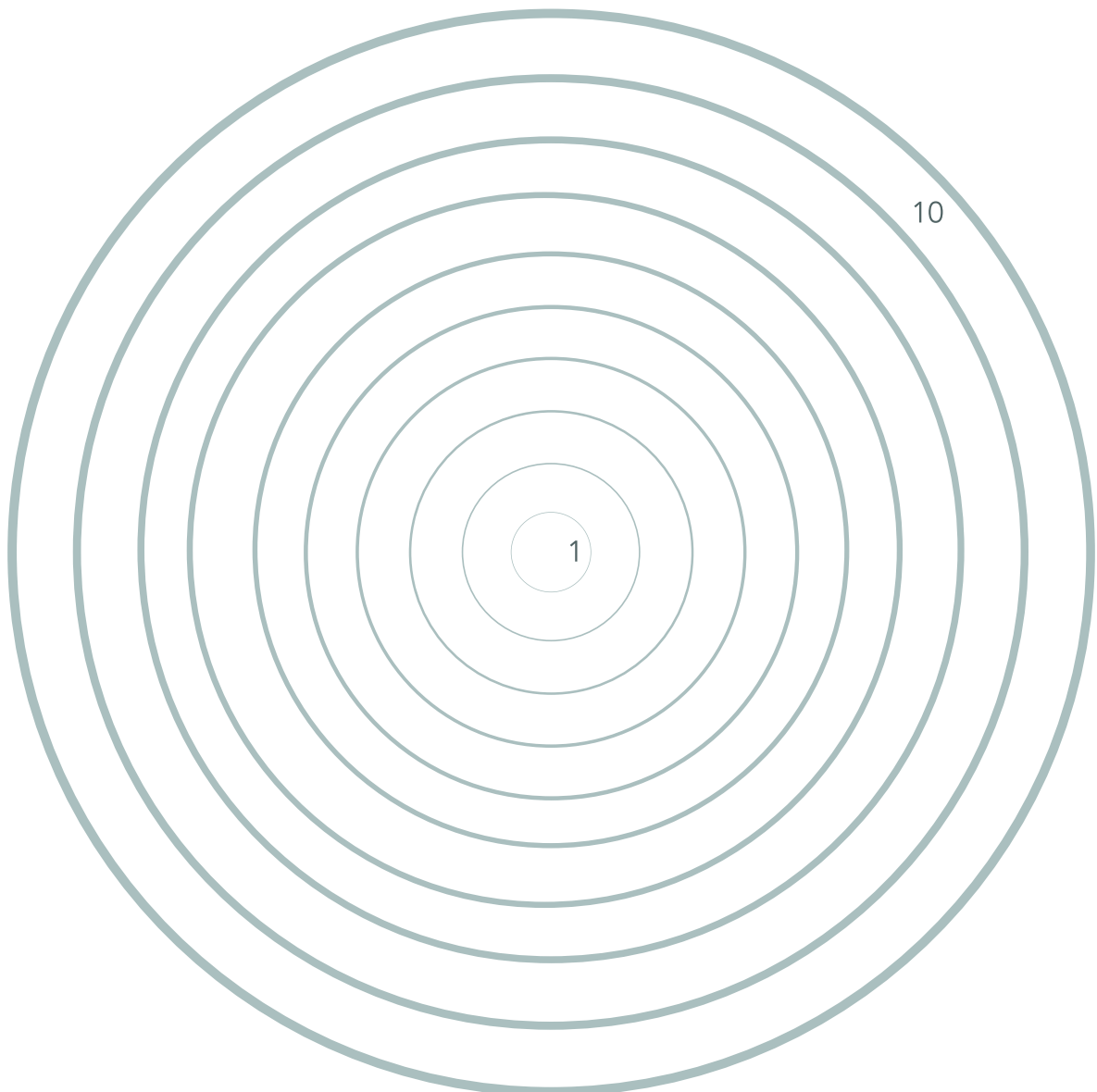
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# Values wheel



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?



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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](http://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!

