



Discovering Values

Exercise One: What interests you?

What areas of your life interest you and that you find particularly rewarding above others? Is there a particular aspect of your life or area of your profession that juices you up? Write down what you really love doing in the space below.

Exercise Two: What is it important to you?

Often when people list what is important to them and what they value they can list of things like family, children, integrity, trust, responsibility etc... this is all well and good but it has little substance and can be quite tokenistic. Here is a space for you to explore your values and what is important to you, name what you value and explain why, not just a list of meaningless words.

WHAT

Make a list of your current values here aim for 10

WHY

Expand your list and write about why these things are important to you, define the words and attach meaning. e.g. what is integrity? why is it important?



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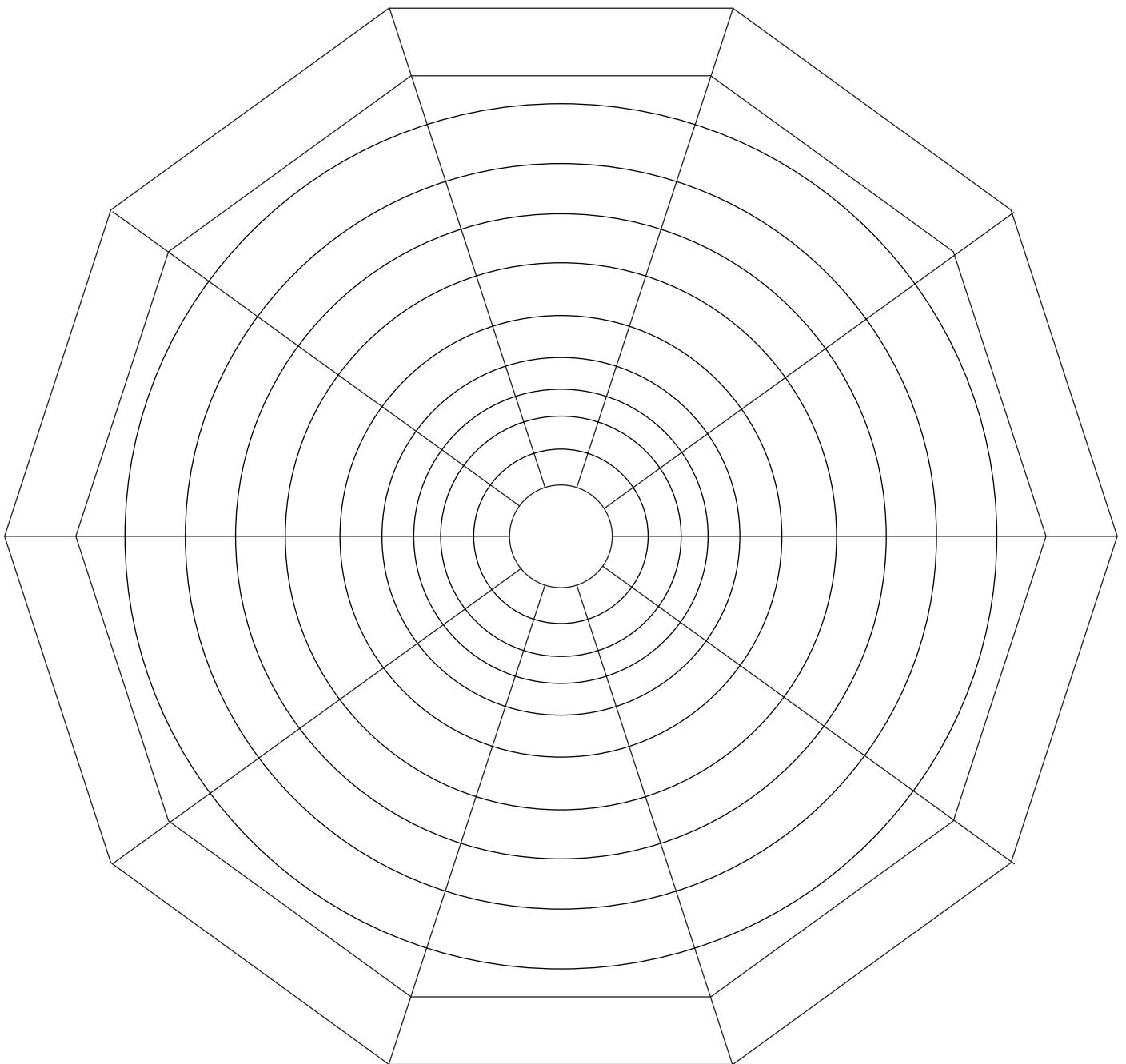


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Exercise Three: Now graph it.

Put what you love into the graph and rate how much you are truly living according to your set of values. Do you hold one more important than the other? Are you neglecting a particular area in your life?

Label each quadrant in the top part of the web of life and then colour in the circles from the inside out in order of importance. The more circles that you have coloured, the more you are living consistently to your values and authentic self. The less you colour in means, the more attention might be needed in that particular area.



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