

Clarification of Values (4 pages)

A word about values

Values are as individual to each person as our fingerprints. They're not something we choose. In fact it's probably more accurate to say they choose us! Values come from within us and are unique from morals or ethics, which tend to come from friends, family, community and churches. Values are the key to our authentic self and when we're living our values, we experience aliveness, satisfaction and peace.

Clarifying our values provides us with a powerful navigation system towards fulfillment. Decisions no longer revolve around "right" or "wrong," but whether they honor our values. Whether we're choosing where to go for dinner or who to marry, a quick glance at our values will reveal to us whether we're more likely to experience fulfillment or frustration.

This exercise is designed to help you discover your unique values list. The goal is to identify your top 10. The list on the next page is representative of words or phrases that might illustrate values. Start by skimming the list and placing a tick mark next to any word that you feel drawn to. Then go back over the list and start to combine words that naturally "lump" together for you. For example, "Honest/Integrity/Truthfulness" maintains a single distinction. You can use a blank sheet of paper while you are figuring things out.

Once you've exhausted the list below, don't stop there. Think about people who inspire you? What characteristics do they possess? When you are at your happiest, what are you doing? What values are being honored? Similarly, when you feel most stuck, which values might be getting compromised or stepped on? Customizing your values gives this tool greater staying power in the future.

Now it's time to come up with a few metaphors to represent your higher values. I once knew a woman who came up with the phrase "Little House on the Prairie" to represent a group of similar value words like wholesome, down to earth and simple. Another client I worked came up with the word "bulletproof," to describe a combination of values like confidence, certain and being on purpose. Imagine conjuring up "bulletproof" on your way to a job interview. Metaphors are a powerful way to reinforce this values work.

And have fun!

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Possible value words:

Accomplishment	Integrity
Accuracy	Intimacy
Achievement	Joy
Acknowledgement	Leadership
Adventure	Learning
Aesthetic	Loyalty
Altruism	Magic
Authenticity	Mastery
Autonomy	Moderation
Beauty	nature
Bonding	Nurture
Certainty	Openness
Clarity	Orderliness
Collaboration	Participation
Commitment	Partnership
Comradeship	Peace
Connecting	Performance
Contribution	Personal Growth
Creativity	Privacy
Determination	Power
Directness	Recognition
Elegance	Resilience
Emotional Health	Results
Empowerment	Risk Taking
Environment	Romance
Excellence	Security
Excitement	Self Expression
Family	Sensuality
Free Spirit	Service
Focus	Solitude
Freedom	Spirituality
Full Self Expression	Success
Fun	To be known
Growth	Tradition
Harmony	Tranquility
Health	Truthfulness
Honesty	Trust
Humour	Vitality
Independence	Zest

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List your values below, ranking them in order of importance.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Secondly, rank from 1 – 10 how well you live each value.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

“should’s” there? What did you discover?

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Often when we pick values from a checklist, our gremlin (the self limiting voice in our head) votes on what should be on our list. Go back and review your list. Where there any “**should’s**” there? What did you discover?

The previous values work is just scratching the surface of identifying your core values. As we coach there will be times when some of your values surface that may not be on the list. Here is a space to record and refine them.

Remember values are not right or wrong, good or bad . . . have fun with them . . . be creative, inventive and personal so as to capture the essence of who you are.