



*Are You Living
Your Values?*



COACHING EXERCISE & WORKBOOK



VALUES BACKGROUND: Your values are your guiding principles—a representation of what matters most to you in life and the world.

Another way of saying we're "living our values" is that we're being authentic or true to who we are.

So, when we feel dissatisfied, disappointed, upset, sad or uncomfortable in life it's often because we're not living our values.

Whether you're living your life in alignment with your values (or not) impacts how much you truly enjoy your life and work as well as how motivated and fulfilled you feel.

Finally, remember that values can be situational. So what's true for you at work may not be true for you at home and vice versa.

Instructions: Are You Living Your Values?

First, decide if you will be reviewing your values at work home or both .

- Begin by making a list of your Top 10 Values** in the table overleaf.
 - Don't know your values? For a quick start, see the *Appendix: Values Example List for ideas*.
 - Then, using the list for inspiration, choose 10 principles that are most important to you in life or work.
- Next, **give each value a score ____ / 10**.
 - Reflect on your life. Think about—and feel into—each value, and how life is currently going for you.
 - Then score how fully you're living that value in your life now (where 0 is not at all and 10 is completely).
 - **IMPORTANT:** Use your gut-feel. This should be the **FIRST** number (score) that pops into your head, not the number you think it should be! *See the examples below.*
- Once you've scored each value, **complete the other 2 columns** in the table.
 - First complete ALL the key factor/s that contribute to that score (because there may be some patterns!).
 - Then complete the ideas column.
- Finally, **turn to page 3 to answer the questions and choose 3 actions** to bring your values back into alignment at work or in your life.

Some value scoring examples:

- You have a value of "Adventure", and you've just booked a hiking trip to Nepal with friends—your score is 9/10.
- You have a key value of "Fun", but you've been working so much, you've not had any fun in weeks—your score is 4/10.
- Your third most important value is "Health", yet you've been staying up late and feel exhausted—your score is 3/10.

1) Score Your Values & Complete the Table Below



| | Your Top 10 Values | Score /10 | What is the key factor/s that contribute/s to this score? | What ideas do you have to live this value more fully? |
|----|--------------------|-----------|---|---|
| 1 | | | • | • • • |
| 2 | | | • | • • • |
| 3 | | | • | • • • |
| 4 | | | • | • • • |
| 5 | | | • | • • • |
| 6 | | | • | • • • |
| 7 | | | • | • • • |
| 8 | | | • | • • • |
| 9 | | | • | • • • |
| 10 | | | • | • • • |

2) Review Your Results

So, which values are you living—and which are you not?

For value scores that are 8 or more out of 10: Great!

- Consider: What would make this value score a 10 out of 10?
- What small tweaks would make you feel thrilled about how you're living this value in your life?

For value scores that are 7 or less out of 10, there's room for improvement!

- What, specifically, are you doing—or not doing—that negatively impacts your values?
- As you review your completed table, what patterns and themes do you notice?
- What could you do (or approach) differently, so you feel good about this value in your life?

What (if anything) surprised you from your values review? _____

3) Explore Ideas

Answer the following questions to help you choose some actions to boost how you live your values in your life.

What gets in the way of living a life more aligned with your values? _____

Which (if any) of your values compete with each other? _____

What have you been avoiding? _____

What would make your life more meaningful and/or authentic? _____

What change/s or action/s would be easiest to make? _____

What change, if you made it, would have the biggest impact? _____

What change *should* you make first? _____

And what change do you *want* to make first? _____

4) Take Action: What Are Your Next Steps?

Now choose 3 actions to live more authentically and be truer to yourself and what you value most in life.

Action 1 _____ By When _____

Action 2 _____ By When _____

Action 3 _____ By When _____

How will you feel when you complete these actions? _____





Appendix – Value Examples

- *The Sample Values List below is ONLY to give you ideas. We are all unique, so there will be words that are missing from this list, and different words that sum up your values better.*
- *Which of the words below resonate with and inspire you? What values/words would you add?*
- *Common Top 10 Values include: Love/Kindness, Relationships/Community, Health, Fun/Play, Creativity, Integrity/Honesty/Loyalty, Freedom/Adventure/Independence, Joy/Happiness, Safety/Security, Courage.*
- *Finally, remember that our values change over time. They can deepen, change and shift and are always moving.*

| | | |
|-------------------|-----------------|-------------------|
| * Accomplishment | * Focus | * Presence |
| * Accuracy | * Forgiveness | * Productivity |
| * Acknowledgement | * Freedom | * Recognition |
| * Adventure | * Friendship | * Respect |
| * Authenticity | * Fun | * Resourcefulness |
| * Balance | * Generosity | * Romance |
| * Beauty | * Gentleness | * Safety |
| * Boldness | * Growth | * Self-Esteem |
| * Calm | * Happiness | * Service |
| * Challenge | * Harmony | * Simplicity |
| * Collaboration | * Health | * Spaciousness |
| * Community | * Helpfulness | * Spirituality |
| * Compassion | * Honesty | * Spontaneity |
| * Comradeship | * Honour | * Strength |
| * Confidence | * Humour | * Tact |
| * Connectedness | * Idealism | * Thankfulness |
| * Contentment | * Independence | * Tolerance |
| * Contribution | * Innovation | * Tradition |
| * Cooperation | * Integrity | * Trust |
| * Courage | * Intuition | * Understanding |
| * Creativity | * Joy | * Unity |
| * Curiosity | * Kindness | * Vitality |
| * Determination | * Learning | * Wisdom |
| * Directness | * Listening | * _____ |
| * Discovery | * Love | * _____ |
| * Ease | * Loyalty | * _____ |
| * Effortlessness | * Optimism | * _____ |
| * Empowerment | * Orderliness | * _____ |
| * Enthusiasm | * Participation | * _____ |
| * Environment | * Partnership | * _____ |
| * Excellence | * Passion | * _____ |
| * Fairness | * Patience | * _____ |
| * Flexibility | * Peace | * _____ |