

Understanding your values

Our values are as unique as our finger print, and they determine the reality we see around us, and how we perceive ourselves, and others. They also evolve over time, as we grow and empower lives, or through immediate change in our world.

Understand your current values by completing the questions below honestly, considering what your life currently demonstrates (not what you wish it was or think it should be).

When answering the following, be as concise as you can, distilling your responses to several words or a single word only.

1. How do you fill your personal or professional space?
2. How do you spend your time?
3. How do you spend your energy?
4. How do you spend your money?
5. Where do you have the most order and organisation?

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6. Where are you most reliable, disciplined and focussed?
7. What do you think about, and what is your inner most dominant thought?
8. What do you visualise and realise?
9. What is your internal dialogue?
10. What do you talk about in social settings?
11. What inspires you?
12. What are the most consistent long-term goals that you have set?
13. What do you love to learn about most?

Identify the answers that repeat most often by circling or highlighting the repeating answers or themes. Tally them up.

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Summarise and prioritise your values.

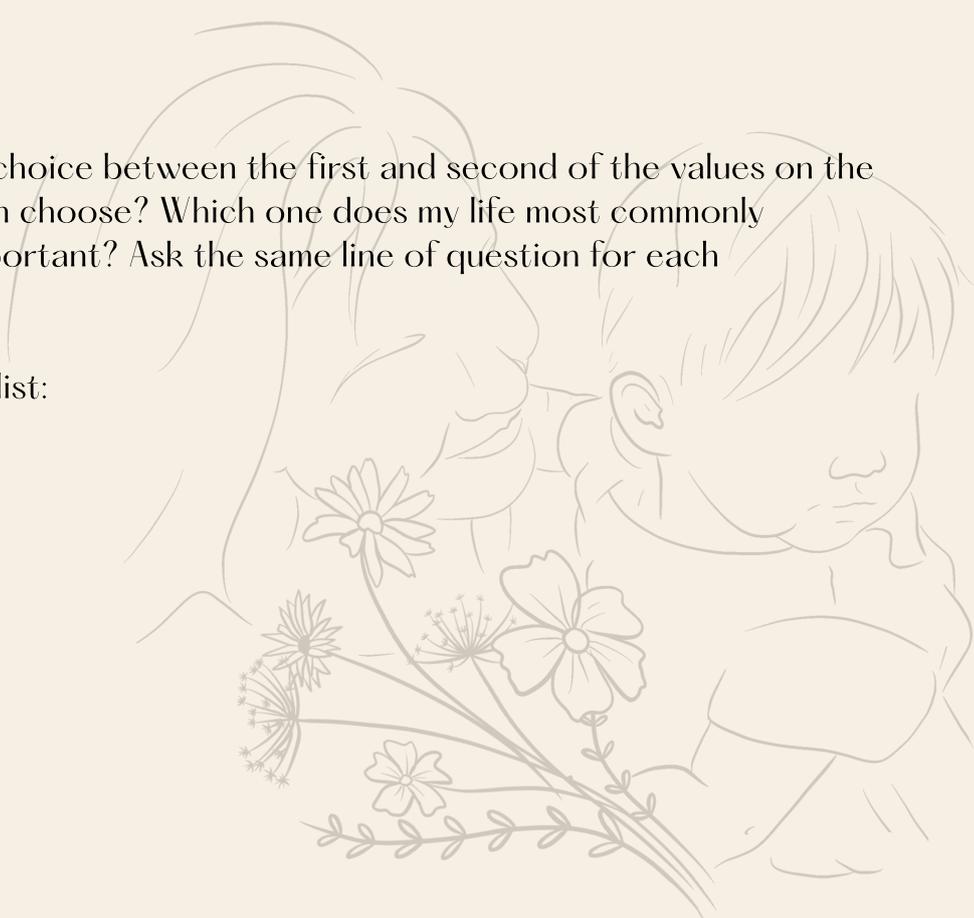
Top 5, from most important value to least.

- 1.
- 2.
- 3.
- 4.
- 5.

Revise: When I have the choice between the first and second of the values on the list, which do I most often choose? Which one does my life most commonly demonstrate as most important? Ask the same line of question for each subsequent value.

If necessary, revise your list:

- 1.
- 2.
- 3.
- 4.
- 5.



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You may judge yourself for your values, or you may feel an 'a-ha' as more of your life and relationships with others 'make sense', when you see how your perceptions are shaped by your values. Living in alignment with these will be where you more readily take on challenge, and feel a sense of fulfillment. Anything you feel you 'have' to do and wouldn't 'love' to do, has not yet been linked to your highest value (presuming it's something you can't ignore, delegate or just say no to). When you ask better questions, you begin to see how it's 'on the way', not 'in the way'.

As you review your values, can you see the 'voids' that fuel them? Our values reflect what we most seek to fulfill in our lives, based on what we perceive is/was most missing.

The voids that drive my values are.....



*Values questions Copyright Dr John Demartini

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