

What do you Value?

If you're like most people, you've heard the word values and about how important they are, but you haven't sat down to write a list of your own, or you've created a list years ago that is now outdated.

Your core values are the things that make you tick, the things that are important to you. They influence every component of your life from how you think, and your relationships to your leadership style.

Whether you're conscious of your values or not, they currently play a big role in your life as they are the principles in which you live by, and a part of every decision you make.

Looking to get more fulfillment out of your work? In order to do that, your job needs to honor your top 3 values. Does it?

Unsure of what your values are? Keep reading...

<i>value examples</i>			
close relationships	creativity	connection/love	economic security
adventure	calm	freedom	honesty/truth
humor	education/knowledge	religion	safety
success	health/wellness	power & authority	personal development
strength	order/systems	nature	travel

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Discover Your Values

Below is an exercise to help shine light on your values.

Write out your perfect day (money nor time are an issue).
Design it. Describe it. Go!

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Discover Your Values

Step 1: Look through what you wrote on page 2. What words or themes pop out at you and feel light and exciting (e.g. run, cooking, meditating, people's name, etc.)? Write them below.

Step 2: Determine and write down the core value the words you've listed above honor.

For example, if writing about spending time with family makes you feel good, a value might be love. Or if writing about running excites you, health might be a value of yours.

my values...

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