

# What do you Value?

If you're like most people, you've heard the word values and how important they are, but you haven't sat down to write a list of your own.

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 your thoughts 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>			
intimacy	creativity	connection/love	education/ learning
adventure	calm	freedom	honesty/truth
humor	education/ knowledge	religion	helping others
success	health/wellness	power & authority	personal development
strength	order/systems	nature	travel

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# Values Are Important

Do you feel confused, lost or just a bit blah right now at work? Perhaps your actions and thoughts in the office do not support or align with your core values.

When you set your daily tasks up to honor your core values, you experience a greater sense of fulfillment at work. When you understand your core values you will gain a tremendous amount of insight, clarity and focus.

Knowing your core values are important to your career because it:

- **Increases your self-confidence** - When you know what you value at your core, you increase your self-awareness which can boost self-confidence in all areas of your life, especially professionally.
- **It speeds up your decision making process.** When you know what you value and you're pondering a major career decision, you can ask yourself - does this honor or challenge my core values? An action that honors your core values will ultimately bring a greater sense of internal satisfaction than one that challenges them.
- **Helps you manage conflict effectively.** When you know what you value, and you have the ability to identify what others value, it's easier to understand and resolve conflict, as conflict is usually a clash in two people's values. It also makes everything feel a little less personal.
- **Allows you to set the right professional goals.** When you know what you value, you can set goals that target what you truly desire.
- **It reduces stress.** When you aren't aware of your core values and you take actions that challenge them, you create internal stress, anxiety and discomfort.
- **Allows you to navigate BIG feelings easier.** If you're suddenly upset at work, you can explore which of your values is being challenged. After you identify it, you can calmly take positive action to resolve the issue vs. letting your emotions unconsciously drive your actions.

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# Discover Your Values

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

*Step 1:* Write out your perfect day (money nor time are an issue). Design it. Describe it. Go!

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# Discover Your Values

*Step 2:* 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 3:* 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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