

Clarify Your Values

Discover what really matters



This exercise will take time and introspection. Uncovering your core values is an ongoing journey of self-discovery so you'll need to be patient with yourself when reflecting on your answers. Grab a notebook, relax and take your time. You cannot rush this process.

Your core values serve as a compass, helping you make decisions that are in harmony with your true self. Living according to your values will help you to feel happier and lead to a more fulfilling and purposeful life.

Louise

- What activities or pursuits make me feel most alive?
- Who do I admire and what are the qualities I admire most about them?
- What are the moments in my life when I've felt the proudest or most accomplished?
- What causes or issues do I feel most passionately about and want to support or change in the world?
- What are my favourite characteristics or traits about myself?
- What job or career would I love if skills, experience, salary etc were no object?
- What do I believe in?
- What are the guiding principles that I live my life by?
- What are the things that, if were missing from my life, would make me feel unfulfilled?
- What do I want to stand for?
- When do I feel most in alignment with my true self and happiest with the choices I have made?
- What kind of impact do I want to have on the people and communities around me?
- What is the legacy I want to leave?

- Look for patterns in your emotions and feelings
- Are there recurring themes or values that underlie your emotions?
- Begin to narrow down your list by selecting the values that resonate the most with you - some may feel more important than others
- For each value you've identified, ask yourself why it is important to you? How does it align with your current goals and aspirations?

Values

| | | | |
|---------------|-------------|--------------|---------------|
| | Curiosity | Honesty | Pride |
| | Diversity | Hope | Recognition |
| | Environment | Humour | Respect |
| Achievement | Equality | Inclusion | Risk taking |
| Adventure | Ethics | Independence | Security |
| Ambition | Excellence | Integrity | Serenity |
| Authenticity | Fairness | Intuition | Service |
| Balance | Faith | Joy | Spirituality |
| Beauty | Family | Kindness | Success |
| Belonging | Freedom | Knowledge | Teamwork |
| Collaboration | Friendship | Leadership | Tradition |
| Commitment | Fun | Learning | Travel |
| Community | Generosity | Love | Trust |
| Compassion | Giving Back | Loyalty | Truth |
| Competence | Grace | Nature | Uniqueness |
| Confidence | Gratitude | Openness | Vision |
| Connection | Growth | Order | Vulnerability |
| Contribution | Harmony | Patience | Wealth |
| Courage | Health | Peace | Wellbeing |
| Creativity | Home | Power | Wisdom |

Next steps

Create your own list using inspiration from the words above

Craft a personal statement or affirmation using your core values to serve as a guiding principle for your life

Start to carefully look at where you are living according to your values and where there might be a clash?

Need some help? Get in touch to find out how I can help you clarify what's important and how to achieve it