

Clarifying Your Values

Lidera
CONSULTING

How to Re-Boot
your Resilience



To some degree, values are those things we hold as important and meaningful in our lives.

Values may be important to us for several reasons, whether it is because we are wanting more of something in our lives, something seems missing, or it is always important to us.

In his life's work Scott Bristol PhD, found that there were certain values that seemed universal – they showed up in every culture. The Life Journey Map handout lists a number of these universal values. There are also spaces for you to write in other values that are important to you, that you may not see on the list.

Important Values

The following exercise is designed to help you clarify some of the values most important to you.

1. Read through the list of values on the Life Journey Map handout.
2. Place a mark beside each value that is important to you, for whatever reason.
3. Now, identify the Top 10 values most important to you at this time.
4. Don't worry, you still value the ones that don't make the list, you are simply identifying the 10 most important at this time.

Top 10 values at this time

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

Example of Matt's values currently.

01. Hope
02. Energetic
03. Passionate
04. Generous
05. Intuitive
06. Inspiring
07. Vitality.

Taking stock of where you are at

Now, look over your **Top 10 values**, and of those, which **5** seem most important right now. For example, in my list I wrote thrifty. Normally, money is not on my radar. Recently, I invested in upgrading a few things and I overspent. Now money is on my radar.

1. From your Top 10, choose 5 values that seem most important to you right now.
2. List each one of your top 5, in the spaces below on the left. Then,
3. On the right, rate how happy you are with that value in your life right **now**.
 - a. Make a note of why that is important to you, or why you gave it that rating.
 - b. Add in what rating would you *like* it to be in the **future**.

Note: In the example below, I used 'thrifty', something I am concerned about. You can choose values that you are aspiring to (like me with vitality), or ones that are essential to you and never go away. This is your list so choose the ones most important to you.

Top 5 Value

To What degree are you satisfied with that value in your life right now?

Using a 5-pt. scale where: 1= dismal 3= ok and 5 = totally awesome

<p><i>Example thrifty</i></p> <p><u>Why?</u></p>	<p>Rating</p> <p>1 2 3 4 5</p>	<p><i>I want to feel free. When I worry about money, I feel trapped. Lately I have spent more than I've earned. I need to set a budget, reduce spending, and get back to saving 20% of all income. A 4 / 5 would be good enough.</i></p>
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<p>01.</p> <p>Enter your value below:</p>	<p>Rating</p> <p><i>Why:</i></p>	<p>1 2 3 4 5</p>
<p>02.</p> <p>Enter your value below:</p>	<p>Rating</p> <p><i>Why:</i></p>	<p>1 2 3 4 5</p>
<p>03.</p> <p>Enter your value below:</p>	<p>Rating</p> <p><i>Why:</i></p>	<p>1 2 3 4 5</p>
<p>04.</p> <p>Enter your value below:</p>	<p>Rating</p> <p><i>Why:</i></p>	<p>1 2 3 4 5</p>
<p>05.</p> <p>Enter your value below:</p>	<p>Rating</p> <p><i>Why:</i></p>	<p>1 2 3 4 5</p>

Turn up the volume on your Values

As Scott Bristol says, when we practice our priority values, we tend to experience life as more meaningful and joyful. This does not have to be by accident.

When we're intentional about practicing those values most important to us, we're going to feel more connected, more in-synch with the things we care about.

Look at the 5 values you listed on Page 5.

Choose 1 value that you're aspiring to have **more of** in your life. For me, I'm healthy I'd like to have so much vitality that others feel better simply by being around me.

Choose 1 value that seems **concerning** in your life. For me, that was being more thrifty or mindful with money. These are your values, so pick the ones meaningful to you. I would urge you though to pick ones that you want to shift in some way.

5

01. Aspiring Value

What does it look like when you're experiencing more of this value in your life? What are you doing? How are you feeling? What is this new level allowing for?

One action I will take consistently is:

02. Concerning Value

What would it look like if you were to improve this value in your life? What would you need to do or do more of? What would help? What would this new level allow for?

One action I will take consistently is:



Commit™ to your Values

Take a look at your Values planner. By now you will have identified 5 of your top values as well as; 1 you're aspiring to have more of in your life, and 1 that is concerning. Now, pick 1 value and use the **COMMIT** method to accelerate your momentum in practicing your values.

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C

Create Clarity

If it's your aspiring or concerning value, you likely already created some clarity. If not, do that now. Let's say you picked **family**. I take my kids to their sports or dance practice, we have dinner as a family,
I create reasons for us to be together.

O

Opportunity

What are some opportunities you have to practice your values? In the family example: take the kids to their practices, make dinner once a week for my spouse, have movie nights, go camping, create a family tradition. Brainstorm at least 10 ideas:

8

M

Move

Look at your list of possibilities above. Identify 2 ideas that would lead toward your goal. Pick **one** and take action **today!** Remember, action creates momentum.

M

Measure

What are some ways you'll know, when you're practicing this value? i.e. I'll have lots of family photos, the kids will comment, I'll put it in the calendar, I'll block out my calendar. Then notice what's working? What's not? Fine tune and keep going.

I

Involve

Involve others. Who could you SHARE this value with? Who would help hold you accountable? i.e. I'll let the kids know how important family is to me and ask them to help.

T

Take time

Take time to celebrate your success. Even one moment. Celebrate the small wins.

Remember, consistency is **KEY**.

Stay with it.

Don't give up. **COMMIT**.

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