



CLARITY

Values Exercise

Why Are Values Important?

The bravest thing you can do is to be yourself. It's harder than it sounds but for those that aren't yet there, it's more transformative than many realise.

Living a life where you keep compromising your values can be toxic, stressful and anxiety inducing. Existing in a world of 'shoulds' or by your perceived ideas of what 'others' expect is draining, unfulfilling and self-destructive.

It isn't authentically you and so you can't expect to perform at your best or be wholly satisfied either. And who wouldn't want both of those?

An honest appraisal of your values helps you prioritise, gives you focus, aids decision making, keeps you focus and motivated. They become the lenses through which you make sense of your world.

Having **Clarity** about your values is an integral part of giving you the **Confidence** and **Courage** to be the best version of you. Of creating meaningful connection with others from a place of truth.

Bringing our values to consciousness gives us a uniquely powerful tool. Our strength, courage, motivation and purpose will all draw from and be enhanced by aligning to what we do and stand for.

Your Values Are :-

- Freely chosen
- Ongoing, not fixed like goals
- Guide you rather than constrain
- Are active, not static – can evolve overtime
- Foster self-acceptance
- Bring you freedom from social comparison
- Bring you closer to the person you want to be

The Exercise

From the list below select the values that you feel are most important to you. Those that are most important for you to live by, to be known for, to pass on, to inspire? No judgements. Time for truth.

The Example

This list is purely to help your thinking, it's not exhaustive. Add/choose any that are not included in this list, you are looking for YOUR top 10 values. After you have identified values put them in order of importance overleaf. Too many? Look for themes/clusters. Still too many?

Develop enough courage so that you can stand up for yourself and then stand up for somebody else.

Maya Angelou

Values Exercise

Accountability	Accomplishment	Authenticity
Adventure	Affection	Beauty
Belonging	Balance	Career
Caring	Community	Compassion
Connection	Challenge	Commitment
Communication	Creativity	Dependability
Determination	Discipline	Diversity
Effectiveness	Empathy	Enjoyment
Ethics	Exploration	Fairness
Faith	Family	Fidelity
Friendships	Fitness	Freedom
Fun	Generosity	Growth
Hard Work	Health	Honesty
Helping Others	Hope	Healing
Honour	Humility	Independence
Ideals	Ingenuity	Insight
Intellect	Intuition	Integrity
Joy	Justice	Leadership
Love	Loyalty	Learning
Money	Nature	Openness
Order	Optimism	Opportunity
Purpose	Pleasure	Power
Preparation	Prudence	Recognition
Reliability	Relationships	Risks
Religion	Responsibility	Reward
Respect	Resilience	Security
Self-actualization	Self-respect	Status
Success	Service	Selflessness
Spontaneity	Strength	Teamwork
Truth	Tradition	Tolerance
Trust	Wisdom	Vitality

Values Exercise

Then narrow down your list to the 10 most important values and place in order of importance.

1		6	
2		7	
3		8	
4		9	
5		10	

If you could only have one value for the rest of your life which would you pick?

When you look over this list and reflect on it, record what jumps out to you immediately?

How truly do you think these align with the choices, decisions and behaviours you manifest currently?

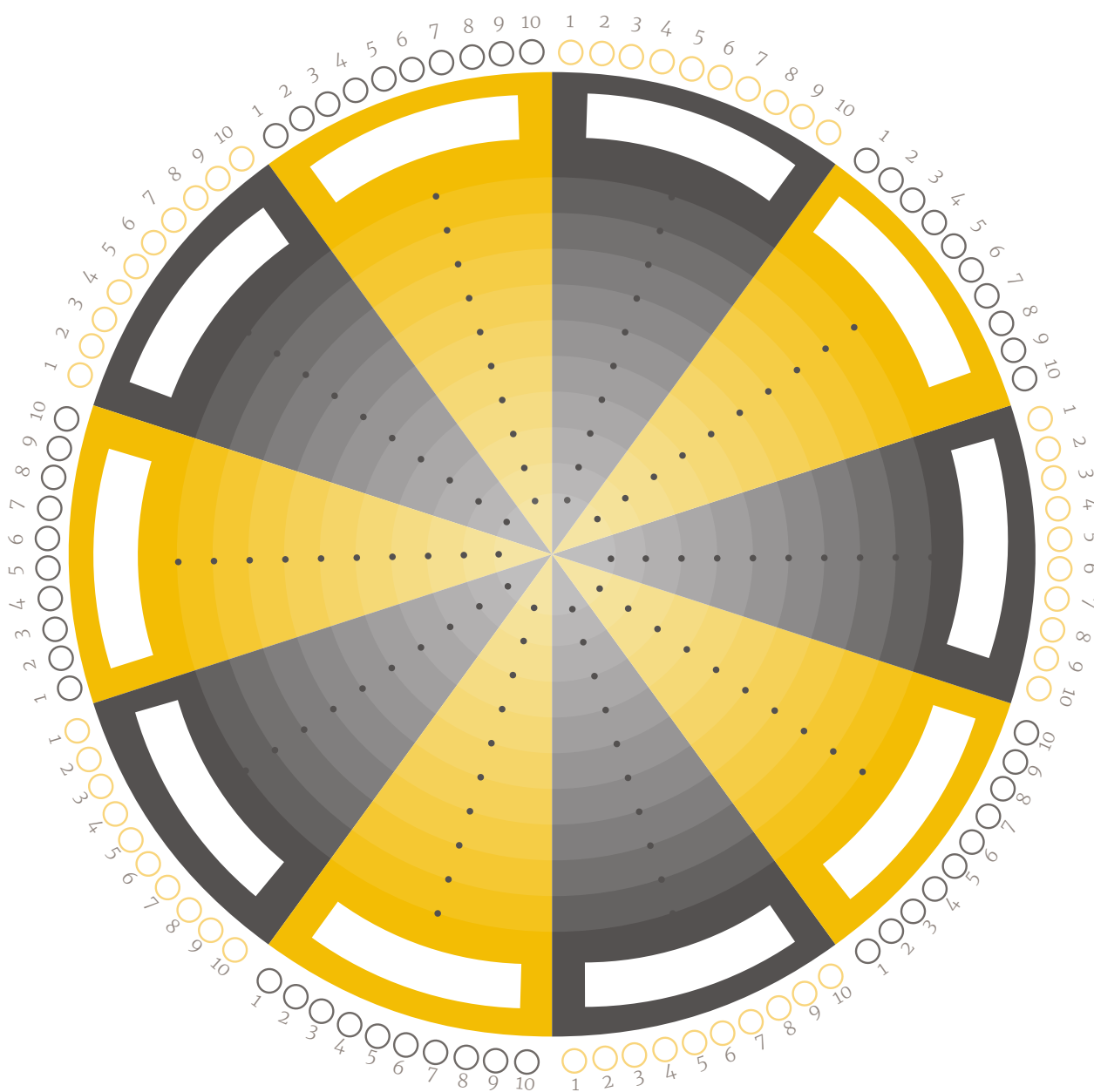
To what extent would you say you are living truthfully and authentically aligned to these? What isn't aligned as well as it could be? What would it look like if you were more authentically aligned?

In what way is this in congruence with the life you are living now?

Values Wheel

Transfer each of your values on to the Values Wheel. As you did with the Be Braver Model mark out of 10 how in tune and aligned you think you currently are with each value.

Mark what target you would like to give yourself for each and begin to consider what needs to change to create the shifts.





CLARITY

VISION

My fearless ambition is:

When I look back on my business/career/life
I want to be remembered by:

Realising this would be incredible because:

It is non-negotiable for me that to make the
first step towards this future I must:

My unique superpowers are:

I am in flow when I am:

The bravest thing I have ever done showed
me that:

The problem I most want to solve in the
world is:

Reflection & insights to treasure forever

