

# VALUES EXERCISE 1

Involves three sets of questions:

1: *Describe a (hopefully recent) situation where you felt super 'buzzy'/energised/on top of your game.*

- Where were you, who were you with, and what were you doing?
- How did you come to be there?
- What was it about the situation that made you feel so buzzy/energised?

2: *Describe a (hopefully recent) situation or moment where you felt ridiculously content.*

- Where were you, who were you with, and what were you doing?
- How did you come to be there?
- What was it about the situation that made you feel so content?

3: *Quick analysis*

- Looking at your answers, what jumps out as something that you value highly or brings out the best in you?

Because I know it's always helpful to see these things in action, here are *my* answers to the above:

1: Describe a (hopefully recent) situation where you felt super 'buzzy'/energised/on top of your game.

**Where were you?** A conference.

**What were you doing?** Speaking!

**Who were you with?** A large group of peers.

**How did you come to be there?** I put in an application to speak four years in a row, and finally got a YES!

**What was it about the situation that made you feel so buzzy/energised?** I was speaking (because I love speaking/presenting) to a group of my peers (i.e. people who already 'got' what I was going to be talking about). There was also the validation of being chosen to speak, and the lovely feedback I received afterwards. I was on a high for a week after the event.

2: Describe a (hopefully recent) situation or moment where you felt ridiculously content.

**Where were you?** At home in our backyard.

**What were you doing?** Chatting to my husband (Ant) and kicking a footy around with the kids.

**Who were you with?** Ant and the kids.

**How did you come to be there?** Ant and I have worked quite hard to be in a position where we can both be

home in the afternoon to enjoy some quality time with the kids each day.

**What was it about the situation that made you feel so content?** Everyone was so chilled out. The kids were stoked to be out in the backyard with both their parents. And Ant and I were feeling (at the time) very un-stressed, so we could have a nice conversation without any angstiness! It was so nice being able to be fully present with my family and enjoying time with them without any tension or distractedness because of worries and stresses!

### *Part 3: Quick analysis*

**Going on your answers to the above, what is jumping out at you as things you value highly/bring out the best in you?**

Recognition from my peers. Being able to help people by sharing my knowledge. Quality time with my family. Being fully present and 'in the moment' with my family.

---

The good thing about these questions is that whenever you're in a situation that makes you feel ridiculously buzzy or content you can run through the 'sub' questions, hone in on *why* the situation is making you buzzy, and translate that knowledge into a value.

## VALUES EXERCISE 2

I'm so grateful to Ellen Jackson from Potential Psychology who has gifted readers of this book the Values Exercise from her *Find Your Groove Workbook*.

### **Exercise: your values**

On pages 9-11 you will find a list of words that describe commonly held values. Your task is to take a look through the list and circle those words that you feel apply best to you. Which words resonate with you? Which do you think are values that are important to you? Don't think too long or hard about it, just go ahead and pick a few.

When you're done, spend a few minutes thinking about how those values apply in your life. For example, a value of Family might influence the way you spend your weekends. Or a value of Economic Security might shape your decisions about work.

**Make some notes about what the above tells you about your values:**

---

---

---

---

## EXERCISE 3

I am equally grateful to Lee Alexander from Brightside Coaching for allowing me to share the Core Values Exercise she uses in her program *The Flourish Project*®. I'll let Lee take it from here!

### **The benefits of understanding your core values**

A key component in living a life that is truly yours is knowing your core values. Values are principles that you believe are important in the way you live your life. Values provide us with clear direction in our behaviour and decision making. Values-driven people find it much easier to prioritise their time and say yes to the things that fit, and no to those that don't.

When we are operating with no thought for our values we might feel empty, uneasy or anxious. It's good to listen to that unease and think about what value you might not be honouring to bring about that feeling.

So for example, if Environment is one of your core values and the organisation you work for actively damages the environment, you are going to be stressed and unsatisfied in your work.

### **Core Values Exercise**

The following are some questions for you to work through. Take some time to do it, leave it and come back to it if you need to.

There is a list of values on pages 117-119. It is not an exhaustive list. You might have another word that is more suitable—please use whatever word you prefer.

Once you think you've settled on your core values it's a good idea to test them to see if they still feel right. They might take some trial and error or a particular experience to clarify them further.

### **Core Values Reflection Sheet**

1. Think about three events/ successes/ accomplishments that you are most proud of in your life.

---

---

---

2. What values are you demonstrating by highlighting these events?

---

---

---

3. Think about difficult times in your life. What values were being trodden on?

-----  
-----  
-----

4. Think about times in your life when you felt satisfied and fulfilled and most “you”. What values were being honoured?

-----  
-----  
-----

5. Now I want you to form a short list of 8-10 values. You can use the list on pages 117-119, go off the top of your head or use Google.

Values shortlist

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

6. Now I want you to narrow it down to 5 Core Values.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

7. Now put your values in order, with the value you hold most dear to you as number one.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## VALUES LIST

Acceptance	Diversity
Accomplishment	Economic security
Achievement	Education
Acquisition	Effectiveness
Adventure	Elegance
Alignment	Emotional wellbeing
Altruism	Empathy
Amusement	Encouragement
Attractiveness	Energy
Authenticity	Enlightenment
Awareness	Entertainment
Beauty	Environment
Being	Equality
Calm	Ethics/Ethical
Charity	Excellence
Community	Experience
Compassion	Experiment
Connection	Expertise
Consciousness	Exquisiteness
Consideration	Fairness
Constancy	Faith
Contentment	Fame
Contribution	Family
Cooperation	Feeling good
Courage	Fitness
Creativity	Freedom
Danger	Friendship
Daring	Fun
Dependability	Generosity
Dignity	Grace

## VALUES LIST CONTINUED

Gratitude	Merriment
Happiness	Nobility
Harmony	Nurturance
Health	Observation
Honesty	Order
Honour	Organisation
Hope	Originality
Humility	Peace
Imagination	Peacefulness
Improvement	Perception
Independence	Personal Development
Influence	Play
Inner peace	Pleasure
Innovation	Positive attitude
Inspiration	Power
Integrity	Preparation
Intelligence	Presence
Inventiveness	Proficiency
Joy	Provider
Justice	Quest
Kindness	Radiance
Knowledge	Recognition
Laughter	Relatedness
Leadership	Relationships
Learning	Relaxation
Love	Reliability
Loyalty	Religious/ Religion
Magnificence	Resourcefulness
Mastery	

## VALUES LIST CONTINUED

Respect	Strength
Responsibility	Success
Responsiveness	Superiority
Risk	Support
Safety	Teaching
Schooling	Touch
Self-awareness	Tranquility
Self-worth	Trust
Sensations	Truth
Sensuality	Understanding
Serenity	Victory
Service	Vision
Simplicity	Wealth
Spirituality	Wisdom
Stability	Zeal
Stimulation	Zest