



VALUES AWAKEN THE “WHY” IN YOUR LIFE

Values are the beliefs that motivate or drive you to behave in one way or another. Put another way, values are the undercurrent by which you make decisions and define your priorities. They help you to decide whom to marry, whom to work for, where to spend your money, how to spend your time, etc. They are a foundation for joy and a cornerstone of your True Self and who you are meant to be. Sadly, most people do not have enough clarity about their values.

VALUES WORKSHEET

◀ DISCOVER WHAT REALLY MAKES YOU TICK ▶



DO YOU HAVE CLARITY ABOUT YOUR VALUES?

If you don't, you should. The biggest consequence of not knowing your values is that you could live an unhappy or unfulfilled life because it's a life that doesn't propel you toward who you are meant to be. A life that's full of decisions that aren't rooted in your True Self can quickly become a life without meaning.

Are you striving toward YOUR values?

As an overachiever you may fall into the trap of living your life in reaction to others' values and choices. And those values may be driving your decision-making—where to attend university, what profession to pursue, which partner to choose, etc. Unfortunately, after making all those decisions, you may find that those value-driving decisions have left you feeling empty.

It's important to identify AND understand your Core Values.

The same values will have different meanings to different people. You should not only know your values well enough to quickly list them at any time, but you should also understand their meaning to you. Seeing your values on paper and defining what they mean can often be like an epiphany, I encourage you to take a few minutes to do it now.

DEFINE YOUR TOP FIVE TO TEN CORE VALUES

- 1. Empty your mind.**
It's best to start this exercise with a completely blank canvas. Don't think about expectations. Don't think about what you think your answers should be. Close your eyes, breathe, and keep your mind wide open.
- 2. Brainstorm.**
Slowly begin to shift your focus to all of the things in your life that are important to you – things that make you feel happy, fulfilled, proud, etc. Write them all down on a sheet of paper. Make the list as long as you like. There are no wrong answers here.
- 3. Identify 10-15 words to characterize these experiences.**
The words will represent your values. Write down as many words as come to mind. You can put them on a piece of paper, or better yet, on a note card. It helps to see them separately so you can really focus on them.
- 4. Categorize your list.**
It can be tough to narrow your list to only 5-10 values. Look for any emerging themes in your selected values. For example, if you have "adventure," "challenge," "curiosity," and "learning," you could use "learning" as your main value to represent these four.
- 4. Prioritize your list.**
Arrange your selected values in an order that is meaningful to you. **The next step in this process is a critical one.**
- 5. Define each value.**
Think about what each word means to you and write down how you define that word. The same value can mean different things to different people, so it's important that you know YOUR definition of each value.
- 6. Begin your own Joychiever Journey.**



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