

Values Clarification Exercise

The purpose of this exercise is to help me to understand you better and to help you understand you better. By being clear on your values I can help facilitate you in making choices that are more fulfilling, we can strategise appropriate actions according to your values and we can recognise situations where values are an issue.

Values define who we are. Values represent our unique and individual essence, your ultimate and most fulfilling form of expression and relating. When you honour your values on a regular and consistent basis, life is good and fulfilling. When you are not honouring your values life becomes uncomfortable and unfulfilling.

Honouring your values is about taking congruent action towards expressing your values.

Important life decisions are easier to make and more fulfilling when the decisions are made in honour of your values.

Honouring your values has a three-fold advantage

1. You will become more motivated towards a specific action
2. You will undermine the Ego/Gremlin because actions based on your values is more powerful than actions based on your Gremlins reason for taking or not taking another course of action
3. Life will be more fulfilling.

Consider the follow questions then write words that appropriately describe your response.

Peak Moment.

Identify a moment in your life that was particularly rewarding or poignant. It is key here to pick a moment i.e. being told something rather than long duration i.e. a holiday. Now answer the following questions
What was happening?

Who was present?

What was special about that moment?

What feelings did you have at that moment?

What were the values being honoured at that moment?

Suppressed values

Identify a moment that was a low moment in your life.

What was happening?

Who was present?

What was challenging about that moment?

What feelings did you have at that moment?

What values were not being honoured at that moment?

Must haves

Beyond the physical requirements of food, shelter and community, what *must* you have in your life to feel fulfilled? List at least 5 things

1. _____

2. _____

3. _____

4. _____

5. _____

Obsessive Expression

We are all capable of obsessive behaviour, insisting on honouring a value until it becomes a demand rather than a form of self-expression. Our friends and family are very good at pointing out the obsessive expression of a particular value, for instance they may say “You’re too _____” or “You always _____” or “all you think about is _____”. List some of these here – and remember there is no right or wrong here , there is only what you are.

Here are some more questions to help you uncover your values

- What qualities do you hold in high regard, when you see those attributes demonstrated in other people?
- What qualities do you hold in low regard, when you see those attributes demonstrated in other people?
- What cause or principal would you sacrifice, suffer or maybe even die for?
- Beyond the physical requirements of food, shelter and community, what *must* you have in your life to feel fulfilled? List at least 5 things.

Once you have identified your list of values the next task is put them in order of importance to you. I recommend a list of no more than 10 values.

1. Create the list: Start the list by placing what you feel are your most important values at the top.
2. Test the list: You can then test this and reorder the list by asking yourself the question "Is this value of _____ more important to me than this other value of _____".
3. Reorder the list: values that are more important than other ones should now take a higher place on the list.