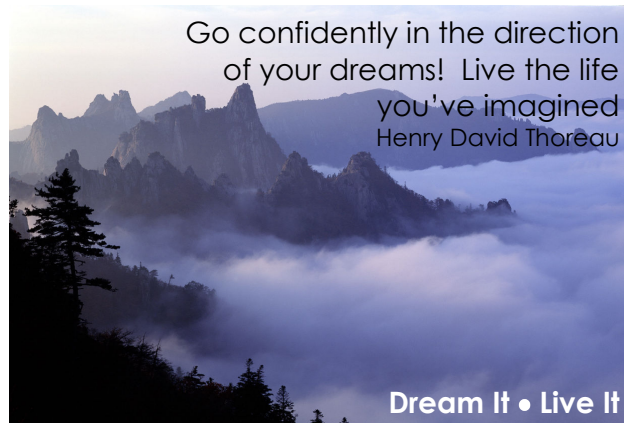




Dream It • Live It

Find your Values



what are core values?

Core values are what's important to you and drives your emotions, thoughts and actions every second of every day. It's a set of personal rules, principles and fundamental truths that give us the fuel and motivation to lead a meaningful, pleasurable and purposeful. Values are generally discovered, not designed.

You can't touch, smell, taste, see or hear your core values. But you can feel them inside you leading and guiding you all the time.

Just as important as discovering our core values, understanding what it means is critical as we attach our own personal and unique meaning to a value. For example, many people have happiness as a value yet to one person, happiness is when they accomplish a task, yet to another person, happiness is when they are one with nature. Same value – radically different meaning.

examples of core values

honesty, integrity, safety, security, freedom, health, fun, adventure, love, happiness, achievement, success, fulfilment, justice, balance, compassion, recognition, fame, respect, honor, creativity, faith, loyalty, responsibility, power, influence, peace, dedication, trust, friendship, authenticity, growth, independence, intimacy, devotion, structure,



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find your core values now

know thyself, an unexamined life is not worth living
- Socrates -

This is a simple 3 part process. Part 1 is to discover your core values, part 2 is to define it, and part 3 is to understand how your values have affected your life and will continue to affect your life. Just remember, there are no right or wrong answers, there are only your answers!

part 1: discover your core values (step 1)

What are your core values?

Step 1: give yourself just 30 seconds to quickly scribble 10 -15 of your personal core values – do this very quickly and write whatever pops in your head. No explanation needed, just a one word description of each value



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part 1: discover your core values (step 2)

What are your core values?

Step 2: now take your time to think of your answers and remember a time in your life (could be yesterday, could be 20 years ago) when you had a memorable experience and felt that you were really and truly yourself and loving every minute of life. It could be your graduation ceremony, the birth of a child, a "well done" from your boss. What intense emotion did you feel? A sense of pride? A sense of belonging? Perhaps a sense of accomplishment? Go back to that memorable time in your mind now and relive that experience and be as detailed as you can and put in the same sounds you heard back then, with the same images, same room temperature, same people, same everything – make it real and then feel the intense emotion you felt back then. Write down your feeling which is probably one of your core values.

Repeat this process for at least 3 different experiences.

Look at the values you've listed after completing step 1 and 2. Circle what you feel are your top values and then write your list of the top 5 to 8 values below.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



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part 2: define your core values

Find a meaning for your values. If, for example, you have *adventure* as a core value then simply ask yourself “*what must happen for me, or to me, to feel a sense of fun?*” Your answer could be “*when I take part in new and thrilling physical activities.*” Your answer is the meaning of your core value. If you're not sure if your meaning is very accurate, ask a second question of “*in order to feel fun, what must I be doing?*”

My core values	What these values mean to me
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	



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part 3: your core values and your life

Think of situations in the past where you experienced personal turmoil and distress, or great uncertainty. Identify which of your values were violated or disturbed.

Life is all about making choices. How will your list of core values help you make present and future choices easier so that your decisions are made with confidence and purpose? What are the choices you face today that are giving you some degree of stress, and what choices do you imagine facing in the future that will be easier to decide on with the help of your core values?



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the last word

Your journey of discovery has just started. Leave this worksheet aside for a few days and then revisit it at least once a week. Change the value, change the meaning, tweak both till it truly represents you. Once you're sure this is your list, we'll move on to the next key questions in life!

Till then, keeping looking at your list of core values, feel for the correct answer, allow your instincts to take over, and enjoy this wonderful path towards the most meaningful and purposeful life you deserve!

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Jeff

Peak Performance Pilot
REV Training & Coaching

What's REV all about?

To be a good friend and guide and passionately inspire and influence individuals and companies on a journey towards peak performance. Our emphasis is always on delivering quality, client-focused training courses and coaching services so that personal or corporate excellence becomes a reality