



WHAT'S IMPORTANT TO ME IN LIFE?



In order to build our core values, first we need to understand what's the most important to us.

- 01 Use the space below to brainstorm what's important to me in life?". Write anything and everything that pops into mind.

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- 02 Review each item above, and if it's something that you can already do or have write what it gives you. E.g. Travel could give you adventure, family could be joy etc.

- 03 Narrow down your above list by grouping words together ensuring the most important word is at the front e.g. honest/trustworthy/ loyal. Write your top 10 values below:

A.

B.

C.

D.

E.

F.

G.

H.

I.

J.



PRIORITISING VALUES



Using your top 10 values which you identified from brainstorming what is important to you in life, follow the below steps.

01 Look at the first two values on your list (A and B) and ask yourself, "if I had to choose one and not have the other, which would it be?"

02 If A wins, compare this to value C, and ask yourself again "if i had to choose one and not have the other, which would it be? Keep working down the list until another value beats A.

03 If nothing beats value A, then this is your top value. Write this next to 1 at the bottom of this page. You will then take value B on your list and repeat this process.

Or if another value beats A, say F, continue the question process from where A got to (chances are if A beat all those above F, F will too. If nothing else beats F, F is your top value. Write this next to 1 at the bottom of this page. You will then take value B on your list and repeat this process.

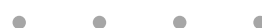
04 If nothing beats value B, this will be your second value. Write this next to 2. below, and so on.

Or if another value beats B, say F, continue the question process from where B got to (chances are if B beat all those above F, F will too. If nothing else beats F, F is your second value. Write this next to 1 at the bottom of this page. You will then take value C on your list and repeat this process, and so on.

05 Repeat until you have a new order for your values.

Final Top 10 Values:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |





REFLECTION OF PERSONAL VALUES



Now that you have your top 10 personal life values, have a go at the below questions to delve deeper and start making positive changes in your life.

What did you learn about yourself during this exercise?

Did anything surprise you?

What could you differently to align your life with your values?

I could stop doing:

I could do less:

I could do more:

I could continue doing:

I could start doing:

What is important to have in your life?

What must you avoid in your life?

What could happen in 3 years time to make you feel magnificent about yourself and your life?

What is the one action you will take as a result of everything that you have learned? And when will you do this by?

