



"Values are like fingerprints, nobody's are the same, but you leave them all over everything you do." Elvis Presley

What are personal values?

Values are defined as **"a person's principles or standards of behavior; one's judgment of what is important in life"**.

Personal values are an often overlooked aspect of what drives almost everything we do and every decision we make. Our actions make us who we are, and when we intimately know our deepest core values, they literally guide us like a lighthouse. You cannot make a mistake if you create your life around the very principles and standards you hold in the highest regard. This means that even if what you try doesn't work out for you the way you'd hoped, you will still have acted from the purest essence of who you are.

When the actions we take are aligned with our values, it is easier to find the sweet spot where our motivation, levels of satisfaction, and sustainability of success are high. The purpose of this exercise is to gain an understanding of your most important values and explore just how present they are in different aspects of your life.

Typically I like to do this exercise in person, but since that isn't the case here, there is a rule, that if you follow, I believe will help with the impact of the exercise itself.

Complete each step before reading through all the steps. It will take a bit of discipline, but I feel it will be helpful in the long run to help you deeply consider which values mean the most to you.

PART A: Discover

Step 1 - On the next page, identify and circle 12 values that immediately resonate or jump out at you as being extremely important.

(Suggestion: Do not overthink this. Scroll through and if you feel a *hit*, circle

it.)

Abundance
Accomplishment
Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Authority
Autonomy
Balance
Beauty
Boldness
Caring
Compassion
Competence
Challenge
Clarity
Community
Compassion
Competency
Conflict
Continuous Learning
Contribution
Courage
Creativity
Curiosity
Determination
Ease
Efficiency
Ethics
Enthusiasm
Entrepreneurial
Environment
Excellence

Fairness
Faith
Fame
Family
Financial Stability
Flexibility
Forgiveness
Freedom
Friendship
Fun
Future Generations
Growth
Happiness
Health
Honesty
Humility
Humor
Independence
Influence
Initiative
Inner Harmony
Intimacy
Integrity
Job Security
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Meaningful Work
Openness
Optimism
Orderliness

Patience
Peace
Perseverance
Personal Growth
Philanthropy
Pleasure
Poise
Popularity
Positivity
Power
Privacy
Professional Growth
Recognition
Reliability
Religion
Reputation
Resolution
Respect
Responsibility
Risk-Taking
Safety
Security
Self-Discipline
Self-Expression
Self-Respect
Service
Spirituality
Stability
Success
Status
Teamwork
Trustworthiness
Vision
Wealth
Well-Being/Wellness
Wisdom



Step 2:

Understanding that all of the values you identified are important to you, review your list and eliminate the first 3 that hold the least amount of attachment.

Now you are left with 9.

Step 3:

As in the previous step, review your current list and eliminate 3 more.

Now you should have 6 values that feel the most important to you.

Step 4:

Of these 6 values, if you were approached by someone who could offer you anything you wanted in return for compromising, or giving up, three of these values - these life philosophies that are deeply rooted in your heart - which 3 would you absolutely NOT be willing to compromise?

List them as your final 3.

Congratulations!

You have done a bit of uncomfortable work to really get to know yourself. The three values you have left should be non-negotiable. These are your "There is no price you could pay me to give these up", values.

These are the essence of you.

PART B: DEFINE

Now, let's get some understanding around why these values were the ones that made it into your final 3.

Values mean different things to different people. Define what the value means to you and then describe why it is important.

Value 1: _____

Definition:

Importance:

Value 2: _____

Definition:

Importance:

Value 3: _____

Definition:

Importance:

PART C: DELIVER

You've come far, identifying 3 top values that guide your every move. Now let's explore exactly how you are honoring them by being **SAFE**.

Speak. Act. Feel. Embody.

Speak - When you communicate, what words would you tend to use that embrace this value during conversation? What words or phrases might come up that would be in contrast?

Act - What actions demonstrate this value to others? What actions would cause people to perceive this is not a top value?

Feel - What would you be feeling when you are speaking and acting in full alignment with this value? What would you feel if you were speaking or acting against it? Pay attention to these feelings, as they will be your ultimate guide to truly living these values.

Embody - What needs to be in place for you to ensure that you are in full expression of this value in all situations?

Value 1: _____

Speak:

Act:

Feel:

Embody:

PART C: DELIVER (Continued)

Value 2: _____

Speak:

Act:

Feel:

Embody:

Value 3: _____

Speak:

Act:

Feel:

Embody:

CONGRATULATIONS!

That wasn't easy, but you did it! You dug deep to find the root of who you are and what makes you that way.

I always say that values are an underrated superpower, but now that you know them intimately, you can harness them to guide you every day, through every situation.

When you are challenged with something, if you act according to any of your three top values, you know you will be honoring what is most important to you.

This, my friend, is how you BE.