



# Module 5, lesson 4

## Values

### Discover your true values

#### Step one

Think back to a time when you last felt an uncomfortable tug. Was it to do with a relationship, your work, your family, your self-esteem and confidence, your money situation, or something else? Focusing on that time, answer the following questions:

- What is important to me about {the subject of your tug}?
- What else is important to me about {the subject of your tug}?

For example, you might start with “what is important to me about my relationship?” and follow up with “what else is important to me about my relationship?”

Continue asking the second question, making a list of your answers, until you have all the possible answers. Then summarise the list and ask the question again. The thing *most* important to you might be so deeply ingrained that you may not get to it until you've dug really deep. Be honest with yourself here. You might list up to eight values, maybe even more.

In the example of relationships, your list might include things like it's important my partner listens to me, that I feel heard, that they do their share of the chores, that I can trust them.

#### Step two

To discover what is really important to you, take the value at the top of your list and compare it with each of the others in turn. As you compare the two, ask yourself “which is more important?” Do this for each value in the list. You'll end up with a hierarchy of values.

#### Step three

Now look at your top three values, one at a time, and ask yourself whether what you're doing/how you're behaving is aligned with your top values, or violating them. For example, if you say that your top value in your relationship is trust, but you find yourself checking up on where your

partner is and checking their phone and emails, then your behaviour is conflicting with your value.

At this point you have to make a choice about whether to keep the value and change your behaviour, or continue the behaviour and change the value. Other values will also be influencing your behaviour so it's important to remember that the point of this exercise is to help you get clarity around your true values and the connection with your behaviour, as this will help you make more positive decisions that serve you well.

### **Asking questions**

It's helpful to ask yourself questions such as;

- If your values are being violated, what can you do about it?
- Can you change your behaviour to bring it into alignment with your values?
- Are you hanging on to some of your values through habit? Which values are no longer relevant?
- Is there a value that you have that works for you in some circumstances but not others?
- Do you know someone with different values in this area?
- What would happen if you changed your value? How would things be different for you?

### **Online assessments**

There are also online assessments you can complete to help you find out what your values are. Check out the links below:

[Personal values assessment](#)

[Life values quiz](#)

[Life values self-assessment test](#)

[Your core values](#)

Enjoy!

*Coach Carly xx*