



Values Exercise

This exercise aims to help you identify what is important to you (i.e. your values) and help you consider what you would like more of and less of in your life. Those values that really matter to us influence our behaviour. In fact, we 'behave' or 'live' our values. Sometimes our values get compromised and this can impact our behaviour and personal satisfaction levels e.g. work/life imbalance.

What are your 8 key values – what's important to you ?

e.g. success, Integrity, independence (see list of values in Coaching Tools section for inspiration)

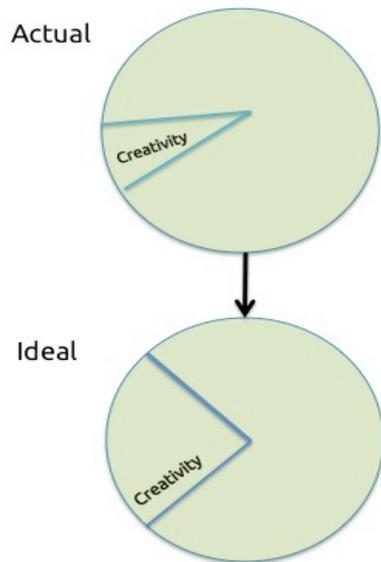
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Prioritise your list from most important to least important.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Using the chart below, follow the two steps below:

1. Indicate how much time you *actually* spend on each value using the circle below. Draw segments that reflect the amount of time spent on each activity (this may be per day/week/month however you wish to see it). Some of your values highlighted may be difficult to translate into activities e.g. integrity. If this is the case, try and imagine how you demonstrate the value across a range of situations. For example, some of the observable actions or behaviours for the integrity value may be transparent decision making, honesty when dealing with others etc.
2. Indicate how much time you would *ideally* like to spend on each value using the circle below?



Questions for reflection:

- What is the price you pay for not living each value?
- What would it take to live that value in your life?
- What's stopping you?
- Is there anything that you really don't want to let go of?
What fears or concerns do you have about letting go?

In other words, when you think about doing it what runs through your mind? What are you feeling when you consider letting go?

- What actions would you ideally need to take to move you closer to your top 3 prioritised values?