



DEFINE YOUR VALUES

Living in Alignment with Our Values can support us to ride the wave of change

*Values are who we are. Not who we would like to be. Not who we think we should be.
Who we are in our lives, right now.*

In other words, values represent our unique and individual essence. They're our ultimate and most fulfilling form of expressing and relating. They serve as a compass, pointing out what it means to be true to ourselves. When we honour our values and those of others on a regular and consistent basis, life is great and fulfilling.

Your values create your heart's deepest desires for how you want to behave and who you want to be as a person, friend, partner, or employee. Your values are not simply about what you want to get or achieve; they are about how you behave or act on an ongoing basis. Often throughout life you may take on the values of others, especially from childhood, and this is why it is so important to review your values when determining and understanding the qualities most important to you and no one else.

You will notice from the list that not all values are relevant to you. This shows why it is so easy to have conflict within relationships if we are speaking from opposing values. As we begin to honour our own, we open up to respecting others' values - which supports us in building strong and effective relationships.

Keep in mind there is no such thing as a "right" or a "wrong" value. It's a bit like our taste in music. If you prefer jazz or classical and I prefer punk rock, that doesn't mean that my taste in music is right and yours is wrong. Similarly, we may have different ideas, views and values.

Our perceptions and values create our opinions, decisions and choices and understanding these has the potential to contribute creativity, inspiration and deepening to our connections and relationships: as we look for a "win-win" scenario that suits everyone.

As you will see below, the list of values can go on forever and often you may need to play with the words you choose and even create a more detailed description of what this really means to you. Sometimes the themes may not feel completely congruent (*e.g. Freedom for me may mean something completely different to you*).

Our value descriptions and perceptions are based upon who we are and our past experiences and relationships; therefore after today's session I would encourage you to schedule in time to explore your values more deeply with your manager and even ask yourself...

What is it about this value that resonates with me? What does this word mean to me and how do I express it within my relationships day to day?

coaching tools

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YOUR VALUES HIERARCHY

What's most important to you in your life ... What and who do you make time for?

From this list below tick approximately seven values, which are most important to you in your life.

Abundance	Courage	Humour	Reliability
Acceptance	Creativity	Inclusiveness	Resilience
Accomplishment	Discipline	Independence	Resourcefulness
Accountability	Discovery	Inspiration	Respect
Achievement	Education	Integrity	Responsibility
Acknowledgement	Encouragement	Intimacy	Reverence
Adaptability	Enjoyment	Intuition	Sacredness
Adventure	Equality	Joy	Security
Appreciation	Excellence	Justice	Serenity
Approachability	Excitement	Kindness	Service
Awareness	Expressiveness	Knowledge	Sincerity
Balance	Fairness	Leadership	Spirituality
Being the best	Faith	Learning	Spontaneity
Being in the flow	Family	Liberation	Stability
Belonging	Financial independence	Liberty	Strength
Caring	Fitness	Longevity	Success
Cheerfulness	Fortitude	Love	Thoughtfulness
Certainty	Flexibility	Loyalty	Tranquillity
Clarity	Freedom	Making a difference	Transformation
Comfort	Fun	Mastery	Trust
Commitment	Generosity	Openness	Truth
Community	Giving	Optimism	Understanding
Competency	Gratitude	Passion	Uniqueness
Compassion	Growth	Patience	Vitality
Confidence	Happiness	Peace	Wealth
Congruency	Harmony	Pleasure	Willingness
Connection	Health	Playfulness	Wisdom
Consciousness	Honesty	Professionalism	_____
Contribution	Honour	Prosperity	_____
Cooperation	Humility	Realism	_____

TGG Mission ...

TRANSFORMATIONAL PROGRAMS THAT INSPIRE LASTING INNOVATION, WELLNESS + CHANGE



YOUR VALUES HIERARCHY

After you know what your values its useful to keep them up somewhere where you will see them often, our desk or fridge is a great place so that others can begin to understand your values and support you to live in alignment with them. Seeing our values reminds us of what is really important in our lives and who we are inside.

This pyramid becomes the driving force for our life and can be used as a guide when making decisions e.g. does option A or B fit with my values. Understanding can support us to determine what is important to our clients day to day and how we can work with them to create better, more cohesive and collaborative relationships. Another great exercise to follow up from the value hierarchy and to action alignment with our values in our life is to choose a value every week to live by (e.g. I am going to find Freedom in everything that I do today).