

VALUES CLARIFICATION

Set aside some time and space, and answer the following questions. Really take time out to do this; you will also benefit from doing it once, thinking about it, and then going back and fleshing it out further.

01

Look forward 20 years. You are attending a function where someone is giving a speech about you. What would you want them to say?

02

If time and resources were not a concern, describe the things you long to do.

03

Think about one or two people you know who really inspire you.
What about them is inspiring?

04

What's missing in your life, the presence of which would make your life more fulfilling?

05

What activities have heart and meaning for you?

06

What activities energise you?

07

What needs in the world are you moved to meet?

08

What drives you crazy?

08

Once you've answered the questions on the previous pages as fully as possible, review what you've written. Referring to the list of words on pages 46–47, ask yourself and note down the 10 words that resonate most with you. For example, painting, drawing, writing would mean creativity is a strong value for you.

09

Using this list go back to your ideal life visualization notes and see which of the same values you can also spot there.
Write them down here.

10

Using the list of words on the following pages, circle others that feel very important to you.

11

Place your 10 values in order of priority (1 being not honouring at all, 10 being fully honouring this value) and score each one out of 10 according to whether your current life is reflecting them.

12

Write down which values you are honouring and which values you are dishonouring.

TIME TO WRITE

Contribution/Service

Recognition

Tradition

Time & Space

Peace

Respect

Excellence

Fun

Integrity

Community

Freedom

Joy

Adventure

Wisdom

Authenticity

Challenge

Accuracy

Choice

Directness

Orderliness

Harmony

TIME TO WRITE

Connection

Creativity

Safety/Security

Full Self-Expression

Aesthetics & Beauty

Curiosity

Honesty

Altruism

Achievement

Collaboration

Independence

Humour

Learning, Growth & Discovery

Responsibility

Spirituality

Vitality

Health & Wellbeing

Connection with Nature

Excellence/Accuracy

Trust