

INTERACTIVE WORKSHEET

VALUES CLARIFICATION

Each of us will identify with different values. Consciously knowing what they are will allow them to be principles or signposts that help you navigate life and the many decisions you have to make.

But before we can lead a values-led life, we must first identify what exactly our values are and then clarify how we can live by them.

Values reflect WHAT you want to do and HOW you want to do it.

Russ Harris explains: "Values are not the same as goals. Values involve ongoing action; they are like directions we keep moving in, whereas goals are what we want to achieve along the way. ... For example, if you want to be a loving, caring, supportive partner, that is a value: it involves ongoing action. In contrast, if you want to get married, that's a goal - it can be 'crossed off' or achieved."

There are TWO parts to this values activity:

1. First, take some time to explore your values. This activity is intended for you to either discover or revisit your core values if you have already identified them.

Write down your top 10 values. Look at the Values List on my website to guide your thinking if that would be helpful.

| | | | |
|---|--|----|--|
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |
| 5 | | 10 | |

2. Second, briefly consider your words and actions over the last day/week. Were they guided by the values you have identified?

How do you feel when you make choices that are in line with your identified values versus the times when you don't?



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Ref: The Happiness Trap, Russ Harris

