

EVALUATING YOUR VALUES



Part One

What are VALUES?

Simply WHAT IS IMPORTANT TO US.

They MOTIVATE and give us a means to EVALUATE what we - and others - have done.

How do values relate to FILTERING? We filter for information we value.

Values tend to be arranged internally in a HIERARCHY.

Can values change? Think of something you used to value, but no longer do.

EXERCISE 1.

‘What’s important to me about life?’ Write answers quickly without much mental thought. BE HONEST. Write what IS important rather than what you would like to be important.

EXERCISE 2

What else is important to me about life?

EXERCISE 3

Go back to a time you were totally motivated. Step in. REWIND until just before the time you were totally motivated. What occurs just before? eg I saw a possibility, or I got excited or afraid. Then ask yourself, ‘Is this important to me?’

Do this with several occasions. Write down any additional values.

EXERCISE 4

Arrange these values in order of importance, with the most important at the top. Then compare. Is this value REALLY more important than this one? If I had this but not this, would that work for me?’ Keep going.

Now write out your TOP TEN values. Does this sound like me as I currently am?

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NOTE: sometimes the things that we WANT to be our values, are not in practice, and we discover that what we are REALLY valuing are things that are different from what what we WISH we were valuing.

For example, I had a client who assured me that she VALUED her health and well-being highly. Yet when we looked at how she organised her life, in practical terms, it seemed to come low down in her priorities.

If someone looked at your life, would they see these 10 values operating? If not, what are you REALLY valuing?

Knowing what our values really are is the first step towards being able to change them.

For further information or help in working with your value system, contact me julia@juliamacdonald.co.uk or ring/text 07964 721843 I offer a free 20 min consultation if you haven't worked with me yet. Other rates are on my web-site.