

The background features two large, bright yellow geometric shapes. One is a large triangle on the left side, pointing towards the top-left corner. The other is a smaller triangle on the right side, pointing towards the bottom-right corner. The text is centered between these shapes.

DISCOVER YOUR VALUES

ELSPETH W. COACHING

1. Initial Choices

From the list of values on the next sheet select the ten to twenty which stand out the most, either circle them, highlight them or write them down on a piece of paper. Don't over think it, and definitely don't worry about what other people might think. You can also add your own if anything is missing!

If you need help with this, think about the things that make you most joyful, the traits which come to you as naturally as breathing and the things which if ignored by others make you angry or uncomfortable. What do you do to relax, how do you react if someone comes to you with a problem, when are you most comfortable and how would you like to be described?

2. Combining Forces

Now that you have an initial list it's time to start recognising any similarities. Look through your list and pair or group any words which feel very similar to you. For example, if you have selected happy, joyful, and content as three separate values, can these be combined? If so which word best represents you and your values?

Go through your entire list and combine as many as possible into groups and choose a word/value that best represents that group. For me in the example above I chose 'joy' as my word.

3. Focussing the Mind

At this stage you'll hopefully only have around 10 values. This is where things get a little uncomfortable. I'd like you to 'throw away' (cross out) values in your list until you have just 5 values remaining. This is often relatively easy for the first few but often gets harder the closer to 5 we get. Take your time. Consider your social life, home life and work. Who are you today and who do you want to be, it might be that some of your values aren't being considered enough at the moment!

4. Core Values

The five values you have selected can be thought of as your core values. It doesn't mean you don't have other values, but these are your five deepest, most important values.

Write them down or save them on your phone/laptop. Don't look at them for a few days and then come back to them. Do they feel right? If not ask yourself what's missing or why don't they feel right. Run through the exercise again if you need to or get in touch for a free 30minute intro chat. It can sometimes take a few go's to be 100%, and some people find they only have 3 core values, this is absolutely fine!

Accountability	Equality	Justice	Self-discipline
Achievement	Ethics	Kindness	Self-expression
Adaptability	Excellence	Knowledge	Self-respect
Adventure	Fairness	Leadership	Serenity
Altruism	Faith	Learning	Service
Ambition	Family	Legacy	Simplicity
Authenticity	Financial stability	Leisure	Spirituality
Balance	Forgiveness	Love	Sportsmanship
Beauty	Freedom	Loyalty	Stewardship
Being the best	Friendship	Making a difference	Success
Belonging	Fun	Nature	Teamwork
Career	Future generations	Openness	Thrift
Caring	Generosity	Optimism	Time
Collaboration	Giving back	Order	Tradition
Commitment	Grace	Parenting	Travel
Community	Gratitude	Patience	Trust
Compassion	Growth	Patriotism	Truth
Competence	Harmony	Peace	Understanding
Confidence	Health	Perseverance	Uniqueness
Connection	Home	Personal fulfilment	Usefulness
Contentment	Honesty	Power	Vision
Contribution	Hope	Pride	Vulnerability
Cooperation	Humility	Recognition	Wealth
Courage	Humour	Reliability	Well-being
Creativity	Inclusion	Resourcefulness	Wholeheartedness
Curiosity	Independence	Respect	Wisdom
Dependability	Initiative	Responsibility	
Dignity	Integrity	Risk-taking	
Diversity	Intuition	Safety	
Environment	Job security	Security	
Efficiency	Joy		

Elspeth W. Coaching

www.elspethwcoaching.com

elspeth@elspethcoaching.com