

laire Newton

Values

Values are the principles we use to determine right and wrong / good and bad. Values give us direction when we have to make a decision.

*Which of these values do you want to inform your life?
Choose only 3.*

Balance

Commitment

Cooperation

Diligence

Education

Excellence

Freedom

Gratitude

Honesty

Integrity

Justice

Love

Loyalty

Moderation

Power

Rationality

Respect

Sincerity

Status

Tolerance

Wealth



Step by Step Values Guide

To decide which of these values are most important to you, and the ones you want to live your life by, take the time to go on a journey...

1. Start by downloading the list of values from my website.
2. Then cross off the values you immediately know are not important to you.
3. Then put a circle around the ones you know immediately are very important to you.
4. Write each of these circled values on a separate piece of paper or sticky note.
5. Rank them in order.
6. For one week, notice every time you have an intense emotional reaction to something.

It can be any emotion - anger, fear, frustration, joy, excitement etcetera. Write these down. It is likely that these are touching your values. Think about other times in your life when you experienced a strong, emotional reaction. Write these down too.

7. Now think about what value was touched when you reacted so strongly.
For example:
 - Hurt because boyfriend went out with his friends instead of coming to the dinner with your family that he had agreed to attend. (Respect)
 - Shocked to discover that a colleague had been agreeing with you to your face, but behind your back had been telling everything what a fool you are. (Sincerity)
 - Irritated with others emotional outbursts when trying to make decisions. (Rationality)
8. These values are also important to you in some way. Circle them on the values page and write each of them down on a separate piece of paper or sticky note.
9. Rank them with the others and decide which are the most important to you. Keep shifting them around until you feel sure you have your 3 core values by which you want to live your life.

Your number 1 value should be that one thing that no matter what, you will not compromise.

Values are not static and your current life circumstances will influence your priorities. Go with the process and don't try and judge it or make it "right". You will probably find that some values are consistently in the top and others shift in priority, based on life events.