

Live Your Dreams

Define Your Values



Start to live your dreams. Map your route – on your terms!

Step 1a – Identify times you were the happiest.

•	What were you doing?
•	Who were you with? Were you alone?
•	Describe the situations
-	1b – Identify times you were the proudest.
•	What were you doing? Who were you with? Were you alone?
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	Boosings the dituations.
	1c – Identify times you were the most fulfilled.
•	What were you doing?
•	Who were you with? Were you alone? Describe the situations.
•	Describe the situations.

Step 1d – What people in your life have you most admired, respected or been positively influenced by?

What values did they represent?How did they show those values?Describe the situations
Step 1e – What are some experiences where you've been deeply frustrated offended or disappointed? • What values were being impinged upon? • What was the value conflict?
Describe the situation.

Step 2 – Identify Your Top Values (See Appendix)

Use the list to get started. Add your own if you see they're missing. You'll see that some may combine naturally into one group. The order doesn't matter – just come up with a list of approximately 10.		

Step 3 – Prioritize Your Values

This is probably the most difficult step. It's also the most important because you're going to use this list to make decisions. At times, you may have to choose between values and it will be important to know which takes precedence.

Use the list from #4 and rank them in order of priority. It may help to start with the first pair and rank them, introduce another value and rank it with the others, and so on.

If you have trouble deciding, picture a scenario and use that situation to decide which of the values is more important.

Step 4 - Reaffirm Your Values

Does it fit within your life?

Are you comfortable with these values? Are they something you would stand up for even if you were the only one? You will be using this list to make choices as you Live Your Dreams. Making value-based choices is not always easy, but it's always right and always feels better in the long run.

Make a clean list of your top values, in order of priority. How does that feel?

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Appendix - Values

Abundance Diversity Inner Harmony Resilience Acceptance Dynamism Inquisitiveness Resourcefulness Restraint Accountability Economy Insightfulness Results-oriented Accuracy Effectiveness Integrity Achievement Security Efficiency Intelligence Selflessness Adventure Elegance Jov Justice Self-reliance Altruism Empathy Sensitivity Ambition Enjoyment Kindness Serenity Balance Equality Knowledge Service Beauty Excellence Laughter Belonging Excitement Leadership Sexuality Shrewdness Expertise Bravery Legacy Simplicity Calmness Exploration Love Sincerity Carefulness Expressiveness Lovalty Spontaneity Centeredness Fairness Making a Stability difference Certainty Faith Strength Challenge Family Mastery Structure Cheerfulness Fearlessness Mindfulness Success Commitment Fitness Money Nonjudgement Support Community Flexibility Teamwork Compassion Focus Nonattachment Thankfulness Competitiveness Freedom Nonsuffering Consistency Thoroughness Fun Openness Contribution Thoughtfulness Generosity Order Control **Timeliness** Goodness Originality Cooperation Tolerance Patience Grace Correctness Traditionalism Gratitude Peace Courtesy Growth Perfection Trustworthiness Creativity Truth Happiness Positivity Curiosity Understanding Hard Work Practicality Decisiveness Uniqueness Health Preparedness Dependability Unity Holiness Professionalism Usefulness Determination Honestv Prudence Vision Devoutness Honor Punctuality Diligence Vitality Humility Quality Discipline Wisdom Independence Quiet Discretion Ingenuity Reliability