

DISCOVER YOUR VALUES



START WITH A BEGINNER'S MIND

Empty your mind of any pre-conceived notions.
This is a judgement free zone.



CREATE YOUR LIST OF VALUES

Try not to use any predetermined lists to avoid comparisons. Your mind will subconsciously choose the nice to have's rather than the ones that are truly important to you.



USE PAST EXPERIENCES

1. Choose a peak experience when you accomplished a goal or were super excited.
What values were you honouring?
2. Choose an experience when you were very angry or disappointed.
What values were being suppressed?
3. What is most important in your life to feel fulfilled?



GROUP RELATED VALUES

You most likely came up with a very long list so you need to group them up and eliminate duplicates



CHOOSE YOUR TOP VALUES

What values are essential to your life?
What values represent your primary way of being?
What values are essential to supporting your inner self?



GET INSPIRATIONAL

Expressing values as memorable phrases or sentences helps you articulate the meaning behind each value.
Evoke the emotional attachment and retain in your subconscious longer.