Values Exercise

Client

Name:

Address:

Phone: W: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M: 028451 8140

E-mail:

**Age:**

Values Exercise - Who are you?

**How to Complete the Exercise**

In this exercise you are looking to identify the values you hold. One way of doing this is to think of times/activities/people that make you feel comfortable, content, excited etc. and to assign a word, or a string of words - not a sentence - that describes or captures the value.

For example, you might feel most comfortable in a cafe when you have your back to a wall and can see the entrance. A word that could describe that value is ‘safety’. You might add to the value string the word ‘security’, but you could also add words that might not make sense to another person, but which capture the essence of that value for you e.g. ‘Tiger’.

You can also look for your values when there are times that media reports, or other people’s actions get you really fired up and annoyed or conversely get your acceptance. When that happens, it is likely that if you get annoyed, a value you hold is being trampled upon, ignored or criticised. Think about times that you have been annoyed and see if you can identify the value that you hold that is being compromised. Now do that for the times that you feel you have been affirmed.

In doing this exercise try not to be judgmental. For example, the value ‘messy’ might come up for you, but you don’t want to acknowledge it as you perceive it as being ‘bad’. Rather than do that, just accept, for the moment, that this is who you are and get curious about it.

To help you on the next page there are some questions that can prove helpful in identifying your values. You may be able to pick out the value from your answer, otherwise your coach can work with you to make the discovery in a coaching session.

It is good to aim to have a number of values recorded, and it is a list that you can add to going forward.

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| **Value** | **Value String** |
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**Some helpful questions to discover your Values**

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| **Peak Experience – name a time or event that felt amazing** |
| Suppressed – what makes you angry/upset/frustrated? |
| Must haves – what must you have? E.g. silence, tidiness |
| **Obsessive Expression – what are you obsessive about?** |
| **Invisible – what do others see? What do they say about you?** |

**Any Other Thoughts**

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