

What are we doing here today? - Discover our core values and then learning to use them as our compass

What do we know about “VALUES”?

What values are not - ethics or morals

What are values?

1. What is important to us - what we stand for
2. What gives us purpose
3. They are unique to each person
4. Even the same word will have different meaning and be demonstrated differently from person to person

Why do values matter?

1. They give us a greater sense of passion and purpose
2. They give us more energy
3. They guide our decisions and direction
4. They help us to set goals
5. They help us to better utilize our time - with time being our most valuable asset..**can't get it back!**
6. We feel more motivated from the inside - not the outside
7. Knowing our values helps us to be more resilient during difficult times
8. They help us stay on track and signal when to change direction

What happens when we are out of alignment with our values?

1. We feel less authentic
2. It can cause us to feel anxious, scared, angry, frustrated
3. We might feel demotivated

NOTE: If you notice something isn't quite right in your life, often times it's due to a conflict with your values

Values Assessment Exercise - Your Compass - Your TRUE NORTH

Life Wheel - Your life as you see it today

TIPS to using your values as your compass:

Tip 1: When Making Decisions

1. Review your list of values.
2. Then ask yourself, “On a scale of 1 to 10, with 10 being the highest, how well does the perceived outcome of this decision or opportunity align with value number one?” Then write down the number.
3. Ask the same question about each value on your list.
4. After you've rated the perceived outcome of this decision or opportunity for each of your core values, add the numbers up and find the average.
5. Lastly, evaluate the score. Your aim is to get a score of seven or higher on average. If you score below seven, the decision or opportunity may not align enough with your values to be considered.

Tip 2: Daily Check-ins

Ideally, you should “check in” on your values daily. (If daily feels like too much, try weekly.) Ask yourself how well your decisions and behavior align with value #1 each day. It takes only a minute, yet provides you with a good sense of what may need adjusting and will keep you focused and in touch with what is important to you.

Tip 3: Purposefully Reminders

It's important to have a visual reminder of your values, in addition to your list of values. This keeps them front and center in your mind. Here are some easy ways to remind yourself of your values on a regular basis:

- Create a screensaver
- Don't underestimate the power of a post-it
- Find a picture that represents one of your values and keep it somewhere you will see it daily
- Choose a song to represent one or more of your values and listen to it once a day as part of a daily ritual

My One Thing

Write down one thing you learned about yourself today and one thing you will do or change starting today in honor of your core value(s)?