

What are your values?

You may not have updated your values list for some time or you may never have given your values any thought. Values are important, they can best be defined as, 'something that I cannot live without, something essential to my life'.

Values do change over time; with age, with changing life circumstances and age-stages, and in response to critical incidents and significant changes. So rather than assume your list today is the same as a decade ago, you may want to jump in and explore, just as someone who has not thought before about their values.

This is going to be a process and is best given time over several days. You may want to use physical tools for capturing and listing your values - index cards, post-it notes etc or virtual equivalents. The process of initially capturing values will mean you want to move the various values around to group, re-group and synthesize. So select your tools with this requirement in mind.

Values, an odd word, but just think about a value as being something that you cannot live your life without, something essential to your life, an essence of who you are as a person. This means that your list of values will be as unique as you are.

Your values maybe abstract, concepts or physical things and people e.g.

- Social justice
- Financial security
- Family
- Spouse
- Speed
- Beauty
- Health
- Fitness

- Animal welfare
- Promotion
- The environment
- Working hard
- Leisure time

Make a list. Keep making a list of all possible values until you run out of ideas.

1. Look at your list are some ideas really not values or values you think you should have or things which were values once but now you have outgrown - these you may want to eliminate.

2. Are some values just nice to have but your life wouldn't be so adversely impacted without them?

3. Then start to group what you have retained. Do some things go together, are some things dependent on others? Is there one value which says it all? Is one value more important than others in a cluster?

4. With the groups in front of you try to eliminate any that are not so important and rank what you have left.

5. Can you get to 8ish key values ?

Keep these on display for a few days and see how they resonate with you.