

VALUES CLARIFICATION

Values are like fingerprints or DNA. You don't necessarily choose them; they're the essence of who you are. And when you shine the light on them life becomes a juicy adventure!

“Open your arms to change, but don't let go of your values.” – Dalai Lama

Step 1: Review the list of values. Note the ones that resonate, then choose 6 – 8 to explore. In the Importance column, rate how important each value is to you on a scale of 1-10, with 10 being most important.

Step 2: In the Behaviour column, rate how much you honour this value in your life. For example, you might rate creativity at 9 in importance, but realize you don't make time for it so your behaviour rates a 2.

Values	Importance How important is it in your life?	Behaviour How much do you honour it in your life?
Abundance		
Accomplishment		
Achievement		
Adventure		
Affection		
Authenticity		
Autonomy (Personal freedom)		
Balance		
Beauty		
Collaboration		
Commitment		
Community		
Connection		
Contribution		
Creativity		
Directness		
Elegance		
Empowerment		

Environment		
Excellence		
Freedom		
Fun		
Growth		
Harmony		
Honesty		
Humour		
Integrity		
Intimacy		
Joy		
Justice		
Leadership		
Love		
Mastery		
Partnership		
Passion		
Peace		
Recognition		
Resilience		
Risk taking		
Romance		
Security		
Self Expression		
Spirituality		
Success		
Tradition		
Trust		
Vitality		
Wellness		

Practice:

- Make time each day to consciously think of your values.
- Choose one to focus on for a day and notice how it shows up.
- Make note of what you see, hear and feel when you're living your values intentionally.

Your resources (time, money, energy) are limited. Getting clear on your values helps you make choices that are aligned with who you really are. This in turn creates a fulfilling experience of life.

Enjoy!

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