



BetterBalance Coaching Coaching Tool Kit

Values



Jeff Gill I.C.F. Professional Certified Coach



Values

In this exercise, we won't be using the word values to describe a sense of morality or a personal philosophy. That's a valid way to define values, but we will instead be using values to mean the qualities that define you, that are at the core of who you are. Your values are the things that matter most to you. Without these things, you would not be you.

Our values help us make choices about what we commit to in our lives. If you commit time and energy to something that violates or neglects one of your core values, you will most likely feel resentful and frustrated. If you do not honour your values in your activities and relationships, you will begin to get a nagging feeling that something is missing or wrong in your life.

While it is enormously helpful to know our core values, it's not always easy to identify them. I'd like you to create a list by thinking about the ideas below. Don't worry about getting it "right" and capturing all your values. Your list will be a work in progress. Also, your values don't have to be a single word -- they could be strings of words or sentences. Find the words that work for you.

Try thinking about these things:

- What is important to you?
What do you care about?
What do you want in your life?
- When do you feel happiest? Select a time from your personal history when you felt particularly fulfilled. There may have been challenges, but you were on a roll. It may have been a few minutes, or hours, or days. What was important about this experience?
What values were you honouring?
- What do you react negatively to? What makes you angry or frustrated? Think about one of these things. What value is being violated? What kinds of situations cause you to feel incongruent? When are you not being true to yourself?
- For each of us, there are usually values that are so much a part of us that we don't even think to put them on a list. These are often our most dearly held values. A teacher might fail to include learning, an artist might forget to write down creativity, a business owner might overlook financial success. Often these things are so much a part of who we are, that they become invisible to us.

Generate a list of values. Next, notice which of these in your life you are honouring, which "get lost" or are neglected, and which you sometimes violate through behaviours or choices. Give each value a score out of ten, e.g. 10/10 is completely honouring! And 0/10 is completely neglecting.



My list of values