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## **How to find my Values**

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Knowing your own values play such a huge role in the way you live your life. Values are fundamentally who you are at your core soul level. They act as your inspiration, your guiding force, your identity.

Unfortunately, there are times where you can suddenly feel stuck, or a little lost. Looking for inspiration just to light you up again and give you a sense of renewed purpose. It happens to the best of us.

You may be looking for a career change, or perhaps a new hobby. Often, we know there's something missing and opportunities are right around the corner, but we're not quite sure what they are, or what lights us up. The key is to discover what your current values are. As I mentioned, our values are what guide us to being the person we are and want to be. Hence, we always try and do the things we love or be around those that bring us the most joy.

Once you find what your core values are, you can start looking at ways to bring more things into your life that will incorporate those values.

So, let's begin rediscovering those values! (Example values can be found at the end of the pdf)

### Part 1

1. Think of a time in your life where you were at your happiest. This can be from any point from your childhood or adult life.
  - a. Now write down all the values you were feeling from the story
2. Think of another time
  - a. Now write down all the values you were feeling from the story
3. Think of a time where you felt the most love/loved
  - a. Now write down all the values you were feeling from the story
4. Think of another time where you felt the most love/loved
  - a. Now write down all the values you were feeling from the story

Once you've completed the four tasks you should hopefully see a long list of values either felt or given during those beautiful stories.

### Part 2

Look for any value that has come up more than once. Hopefully you'll notice five or more. If you have less than five, look through the list of remaining values and pick ones that resonate with your heart the most. Ideally, you're looking for around five to ten values.

### Part 3

Now, imagine all of your values are in a burning building. Which three of those values do you choose to save? Circle them on your list. These are your core values, above all others.

### Part 4

Finally, decide which of those three values you'd save first. This is your most important value. Next to this, write your answer to these questions:

1. Why is this value so important to you?
2. Why does this value give to your life?
3. What can you do that will get you more of this value?

After this, choose the next value you'd save, and write your answers to the above questions.

Lastly, repeat the process again for the third and final value.

### The outcome

By understanding your core values, why they're so important to you and how you can go about bring more of that into your life, you can begin making big changes and decisions that will move you towards exactly what you're looking for.

This is often a great method for changing jobs, or making a career change. This method is also useful for finding new hobbies and building relationships. Often, you know something's missing, or you want to do something new but you're not quite sure what. The easiest recommendation is to find something that aligns with your core values, as this will always bring the most fulfillment.

Example values

Love

Joy

Happiness

Peace

Kindness

Togetherness

Hard-work

Punctuality

Politeness

Control

Passion

Playfulness

Dedication

Positivity

Gratefulness

Calmness

Giving back

Nurturing

Being around nature

Serving others