

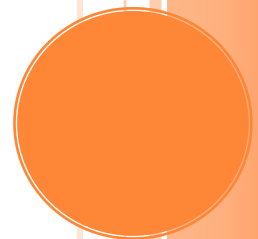
WHAT ARE YOUR VALUES?

Understanding just what you believe in

If you are looking for change in your life, more control of your emotions and help with decision making - then exploring and documenting your values is a powerful technique to bring about change and ease emotional conflict.

John Glanvill

1/1/2009



WHAT ARE YOUR VALUES?

By discovering your core values you will gain a valuable understanding of just who you are and what makes you tick - a very important aspect of personal growth. This can be further enhanced by asking yourself - "what new values would be useful to me at this time in my life - to enable me to get where I want to go"? By discovering your values you can begin to resolve the hidden conflicts in your life remove stress and give yourself more direction.

And we all have beliefs too, things we believe we can do and things we believe we can't. The fact is - what you believe, tends to happen - so it is far more productive to believe you can - and then just do it!

I believe that we all have core values; whether we know it or not. When these values are compromised we tend to feel bad and when we are living our lives in-line with those values we tend to feel more comfortable and more in control.

We all have secondary values too, values that can be appropriate for a certain amount of time, ones that we can bring to the fore as required as the events in our lives unfold. For example; you may want to increase your *courage* as you start a new job or promote your value of *availability* when you have a young family.

Eliciting your values is not easy, but it is beneficial; remember values are ways of being that mean something important to you.

When you know what your values are (and they are in order of importance) decision making becomes far easier – as you just follow your values.

In my experience it is very useful to become the type of person who moves towards solutions rather than away from problems, because often the quickest way to find a solution is just to charge right at it, rather than pussy-footing around getting all anxious and fretful.

Once your unconscious mind can see your clear list of values and can recognise that achieving these will be good for you, somehow, it just takes you forward. Of course, there will be ups and downs, but at least you will have a map reminding you of what is important to you.

Take your time with this – it may take a week or it might take a month, either way it is worth the effort.

HIGHLIGHT YOUR VALUES

Read through the list below and then highlight those values that are most important to you in your life at present.

Choose the ones that really jump out and you feel “yes, that really is important to me”.

Of course, you may have other values that are not listed here, feel free to use any words that are appropriate to you.

At this stage we are looking for values that you feel are important to you – there will be a chance later to add new values that will help you grow and achieve new goals that you may set yourself.

Abundance	Assurance	Celebrity	Consistency
Acceptance	Attentiveness	Certainty	Contentment
Accessibility	Attractiveness	Challenge	Continuity
Accomplishment	Audacity	Charity	Contribution
Accountability	Authority	Charm	Control
Accuracy	Availability	Chastity	Conviction
Achievement	Awareness	Cheerfulness	Conviviality
Acknowledgement	Awe	Children	Coolness
Activeness	Balance	Clarity	Cooperation
Adaptability	Beauty	Cleanliness	Cordiality
Adoration	Being	Clear-mindedness	Correctness
Adroitness	Being the best	Cleverness	Courage
Adventure	Belief	Closeness	Courtesy
Affection	Belonging	Comfort	Craftiness
Affluence	Benevolence	Commitment	Creativity
Aggressiveness	Bliss	Compassion	Credibility
Agility	Boldness	Competitive	Cunning
Alertness	Bravery	Completion	Curiosity
Altruism	Brilliance	Composure	Daring
Ambition	Buoyancy	Concentration	Decisiveness
Amusement	Calmness	Confidence	Decorum
Anticipation	Camaraderie	Conformity	Deference
Appreciation	Candour	Congruency	Delight
Approachability	Capability	Connection	Dependability
Articulacy	Care	Consciousness	Depth
Assertiveness	Carefulness		Desire

Determination	Empathy	Ferocity	Guidance
Devotion	Emotional	Fidelity	Hands On
Devoutness	Encouragement	Fierceness	Happiness
Dexterity	Endurance	Financial / independence	Harmony
Dignity	Energy	Firmness	Health
Diligence	Enjoyment	Fitness	Heart
Direction	Entertainment	Flexibility	Helpfulness
Directness	Enthusiasm	Fluency	Heroism
Discipline	Excellence	Focus	Holiness
Discovery	Excitement	Forgiving	Honesty
Discretion	Exhilaration	Fortitude	Honour
Diversity	Expectancy	Frankness	Hopefulness
Doing	Expediency	Freedom	Hospitality
Dominance	Experience	Friendship	Humility
Dreaming	Expertise	Frugality	Humour
Drive	Exploration	Fun	Hygiene
Duty	Expressiveness	Gallantry	Imagination
Dynamism	Extravagance	Generosity	Impact
Eagerness	Extroversion	Gentility	Impartiality
Economy	Exuberance	Giving	Independence
Ecstasy	Fairness	Grace	Industry
Education	Faith	Gratitude	Ingenuity
Effectiveness	Fame	Green Issues	Inquisitiveness
Efficiency	Fascination	Gregariousness	Insightfulness
Elation	Fashion	Growth	Inspiration
Elegance	Fearlessness		Integrity

Intelligence	Making a difference	Perfection	Purity
Intensity	Mastery	Perkiness	Realism
Intimacy	Maturity	Perseverance	Reason
Intrepidness	Meekness	Persistence	Reasonableness
Introversion	Mellowness	Person Growth	Recognition
Intuition	Meticulousness	Persuasiveness	Recreation
Intuitiveness	Mindfulness	Philanthropy	Refinement
Inventiveness	Modesty	Playfulness	Reflection
Investing	Motivation	Pleasantness	Relaxation
Joy	Mysteriousness	Pleasure	Reliability
Judiciousness	Neatness	Poise	Religiousness
Justice	Nerve	Polish	Resilience
Keeness	Obedience	Popularity	Resolution
Kindness	Oneness	Potency	Resolve
Knowledge	Open-mindedness	Power	Resourceful
Leadership	Openness	Practicality	Respect
Learning	Optimism	Pragmatism	Rest
Liberation	Order	Precision	Restraint
Liberty	Organization	Preparedness	Reverence
Listening	Originality	Presence	Richness
Liveliness	Outlandishness	Privacy	Rigor
Logic	Outrageousness	Proactively	Sacredness
Love	Passion	Professionalism	Sacrifice
Loving	Peace	Prosperity	Sagacity
Loyalty	Perceptiveness	Prudence	Saintliness
Majesty		Punctuality	Sanguinity

Satisfaction	Stealth	Unity
Security	Stillness	Usefulness
Self-control	Strength	Utility
Selflessness	Structure	Valour
Self-reliance	Success	Variety
Sensitivity	Support	Victory
Sensuality	Supremacy	Vigour
Serenity	Surprise	Virtue
Service	Sympathy	Vision
Sexuality	Synergy	Vitality
Sharing	Teamwork	Vivacity
Shrewdness	Temperance	Warmth
Significance	Thankfulness	Watchfulness
Silence	Thoroughness	Wealth
Silliness	Thrift	Wilfulness
Simplicity	Tidiness	Willingness
Sincerity	Timeliness	Winning
Skilfulness	Traditionalism	Win / Win
Solidarity	Tranquillity	Wisdom
Solitude	Transcendence	Wittiness
Soundness	Trust	Wonder
Speed	Trustworthiness	Worth
Spirit	Truth	Youthfulness
Spirituality	Understanding	Zeal
Spontaneity	Unflappability	
Stability	Uniqueness	

GATHER YOUR VALUES

List all the values you highlighted and group together ones that are similar for example humour and funny can be grouped together. Then mark them with an A (Absolutely a fundamental value of mine) and B (nice to have value or a subset of an A value) like in the example below.

No.	Values	A/B	No.	Values	A/B
1	<i>Humour / Happy / Fun</i>	A	3	<i>Boldness</i>	B
2	<i>Courage</i>	A	4	<i>Calmness / Being / Oneness</i>	A

No.	Values	A/B	No.	Values	A/B
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		

PRIORITISE TOP TEN VALUES

From the previous list choose you top 10 most important values and list them below with number one being your most important value and why.

No.	Values	Why?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WHAT OTHER VALUES DO YOU NEED?

As you decide to change and take more control of your life what additional values may you benefit from?

No.	New Values For Now	Why?
1		
2		
4		
5		

FINAL LIST OF VALUES

Combine the new values you would need to update your life to generate the final prioritised list.

Sometimes you may have two values that seem to contradict each other, that is fine, because differing circumstances sometimes call for differing responses, however make sure the one that is more core to you as a person is listed higher than the other.

It doesn't matter how many final key values you have, however, between 8 – 12 seems to be a workable number.

No.	Values	Why?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

DETAIL YOUR TOP VALUES

The final step is to put into words, why each of these values is important to you.

For example if you chose “Honesty” as one of your values you might write...

HONESTY: By always being honest I am being true to myself and it helps me to avoid inner conflicts between what I think and what I say/do.

MY CORE VALUES

VALUE 1:

VALUE 2:

VALUE 3:

VALUE 4:

VALUE 5:

VALUE 6:

VALUE 7:

VALUE 8:

VALUE 9:

VALUE 10:

VALUE 11:

VALUE 12:

VALUE 13:

VALUE 14:

VALUE 15:

Your next step is to define your goals – download my [goal setting tools](#)

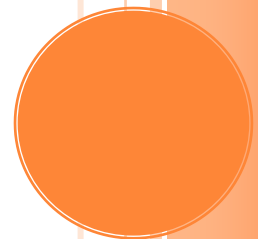
WHAT ARE YOUR VALUES?

Understanding just what you believe in

If you are looking for change in your life, more control of your emotions and help with decision making - then exploring and documenting your values is a powerful technique to bring about change and ease emotional conflict.

www.johnglanvill.com

1/1/2009



WHAT ARE YOUR VALUES?

By discovering your core values you will gain a valuable understanding of just who you are and what makes you tick - a very important aspect of personal growth. This can be further enhanced by asking yourself - "what new values would be useful to me at this time in my life - to enable me to get where I want to go"? By discovering your values you can begin to resolve the hidden conflicts in your life remove stress and give yourself more direction.

And we all have beliefs too, things we believe we can do and things we believe we can't. The fact is - what you believe, tends to happen - so it is far more productive to believe you can - and then just do it!

I believe that we all have core values; whether we know it or not. When these values are compromised we tend to feel bad and when we are living our lives in-line with those values we tend to feel more comfortable and more in control.

We all have secondary values too, values that can be appropriate for a certain amount of time, ones that we can bring to the fore as required as the events in our lives unfold. For example; you may want to increase your *courage* as you start a new job or promote your value of *availability* when you have a young family.

Eliciting your values is not easy, but it is beneficial; remember values are ways of being that mean something important to you.

When you know what your values are (and they are in order of importance) decision making becomes far easier – as you just follow your values.

In my experience it is very useful to become the type of person who moves towards solutions rather than away from problems, because often the quickest way to find a solution is just to charge right at it, rather than pussy-footing around getting all anxious and fretful.

Once your unconscious mind can see your clear list of values and can recognise that achieving these will be good for you, somehow, it just takes you forward. Of course, there will be ups and downs, but at least you will have a map reminding you of what is important to you.

Take your time with this – it may take a week or it might take a month, either way it is worth the effort.

HIGHLIGHT YOUR VALUES

Read through the list below and then highlight those values that are most important to you in your life at present.

Choose the ones that really jump out and you feel “yes, that really is important to me”.

Of course, you may have other values that are not listed here, feel free to use any words that are appropriate to you.

At this stage we are looking for values that you feel are important to you – there will be a chance later to add new values that will help you grow and achieve new goals that you may set yourself.

Example Values

Abundance	Assurance	Celebrity	Consistency
Acceptance	Attentiveness	Certainty	Contentment
Accessibility	Attractiveness	Challenge	Continuity
Accomplishment	Audacity	Charity	Contribution
Accountability	Authority	Charm	Control
Accuracy	Availability	Chastity	Conviction
Achievement	Awareness	Cheerfulness	Conviviality
Acknowledgement	Awe	Children	Coolness
Activeness	Balance	Clarity	Cooperation
Adaptability	Beauty	Cleanliness	Cordiality
Adoration	Being	Clear-mindedness	Correctness
Adroitness	Being the best	Cleverness	Courage
Adventure	Belief	Closeness	Courtesy
Affection	Belonging	Comfort	Craftiness
Affluence	Benevolence	Commitment	Creativity
Aggressiveness	Bliss	Compassion	Credibility
Agility	Boldness	Competitive	Cunning
Alertness	Bravery	Completion	Curiosity
Altruism	Brilliance	Composure	Daring
Ambition	Buoyancy	Concentration	Decisiveness
Amusement	Calmness	Confidence	Decorum
Anticipation	Camaraderie	Conformity	Deference
Appreciation	Candour	Congruency	Delight
Approachability	Capability	Connection	Dependability
Articulacy	Care	Consciousness	Depth
Assertiveness	Carefulness		Desire

Determination	Empathy	Ferocity	Guidance
Devotion	Emotional	Fidelity	Hands On
Devoutness	Encouragement	Fierceness	Happiness
Dexterity	Endurance	Financial / independence	Harmony
Dignity	Energy	Firmness	Health
Diligence	Enjoyment	Fitness	Heart
Direction	Entertainment	Flexibility	Helpfulness
Directness	Enthusiasm	Fluency	Heroism
Discipline	Excellence	Focus	Holiness
Discovery	Excitement	Forgiving	Honesty
Discretion	Exhilaration	Fortitude	Honour
Diversity	Expectancy	Frankness	Hopefulness
Doing	Expediency	Freedom	Hospitality
Dominance	Experience	Friendship	Humility
Dreaming	Expertise	Frugality	Humour
Drive	Exploration	Fun	Hygiene
Duty	Expressiveness	Gallantry	Imagination
Dynamism	Extravagance	Generosity	Impact
Eagerness	Extroversion	Gentility	Impartiality
Economy	Exuberance	Giving	Independence
Ecstasy	Fairness	Grace	Industry
Education	Faith	Gratitude	Ingenuity
Effectiveness	Fame	Green Issues	Inquisitiveness
Efficiency	Fascination	Gregariousness	Insightfulness
Elation	Fashion	Growth	Inspiration
Elegance	Fearlessness		Integrity

Intelligence	Making a difference	Perfection	Purity
Intensity		Perkiness	Realism
Intimacy	Mastery	Perseverance	Reason
Intrepidness	Maturity	Persistence	Reasonableness
Introversion	Meekness	Person Growth	Recognition
Intuition	Mellowness	Persuasiveness	Recreation
Intuitiveness	Meticulousness	Philanthropy	Refinement
Inventiveness	Mindfulness	Playfulness	Reflection
Investing	Modesty	Pleasantness	Relaxation
Joy	Motivation	Pleasure	Reliability
Judiciousness	Mysteriousness	Poise	Religiousness
Justice	Neatness	Polish	Resilience
Keeness	Nerve	Popularity	Resolution
Kindness	Obedience	Potency	Resolve
Knowledge	Oneness	Power	Resourceful
Leadership	Open-mindedness	Practicality	Respect
Learning	Openness	Pragmatism	Rest
Liberation	Optimism	Precision	Restraint
Liberty	Order	Preparedness	Reverence
Listening	Organization	Presence	Richness
Liveliness	Originality	Privacy	Rigor
Logic	Outlandishness	Proactively	Sacredness
Love	Outrageousness	Professionalism	Sacrifice
Loving	Passion	Prosperity	Sagacity
Loyalty	Peace	Prudence	Saintliness
Majesty	Perceptiveness	Punctuality	Sanguinity

Satisfaction	Stealth	Unity
Security	Stillness	Usefulness
Self-control	Strength	Utility
Selflessness	Structure	Valour
Self-reliance	Success	Variety
Sensitivity	Support	Victory
Sensuality	Supremacy	Vigour
Serenity	Surprise	Virtue
Service	Sympathy	Vision
Sexuality	Synergy	Vitality
Sharing	Teamwork	Vivacity
Shrewdness	Temperance	Warmth
Significance	Thankfulness	Watchfulness
Silence	Thoroughness	Wealth
Silliness	Thrift	Wilfulness
Simplicity	Tidiness	Willingness
Sincerity	Timeliness	Winning
Skilfulness	Traditionalism	Win / Win
Solidarity	Tranquillity	Wisdom
Solitude	Transcendence	Wittiness
Soundness	Trust	Wonder
Speed	Trustworthiness	Worth
Spirit	Truth	Youthfulness
Spirituality	Understanding	Zeal
Spontaneity	Unflappability	
Stability	Uniqueness	

GATHER YOUR VALUES

List all the values you highlighted and group together ones that are similar for example; humour and funny can be grouped together. Then mark them with an A (Absolutely a fundamental value of mine) and B (nice to have value or a subset of an A value) like in the example below.

No.	Values	A/B	No.	Values	A/B
1	Humour / Happy / Fun	A	3	Boldness	B
2	Courage	A	4	Calmness / Being / Oneness	A

No.	Values	A/B	No.	Values	A/B
1	Adventure	B	16	Honest Truthful Trust	A
2	Availability	B	17	Listening	A
3	Calmness Being Oneness	A	18	Loving Emotional	A
4	Humour Happy Fun	A	19	Making a Difference	A
5	Empathy Compassion	B	20	Open minded	B
6	Courage Confidence	A	21	Optimism	B
7	Congruency Honesty	A	22	Punctual	B
8	Resourcefulness	A	23	Reliable	A
9	Humour Happy Fun	A	24	Surprising	B
10	Encouragement	B	25	Win / Win	A
11	Flexibility	B	26	Prepared	B
12	Forgiving	B	27		
13	Friendship	A	28		
14	Personal Growth	A	29		
15	Health	A	30		

PRIORITISE TOP TEN VALUES

From the previous list choose your top 10 most important values and list them below with number one being your most important value and why.

No.	Values	Why?
1	Calmness	I can't change the world, but I can change my attitude to it
2	Health	Fit enough to be able to make it happen
3	Personal Growth	Update old outdated beliefs about myself
4	Loving	Especially to myself
5	Making a Difference	Feel good on the inside
6	Congruency & Honesty	Especially to myself
7	Courage & Confidence	To make things happen
8	Friendship	Support and fun
9	Win / Win	Fairness and equality
10	Resourcefulness	Belief in my skills

WHAT OTHER VALUES DO YOU NEED?

As you decide to change and take more control of your life what additional values may you benefit from?

No.	New Values For Now	Why?
1	Desire & Determination	To make change happen
2	Emotional Sharing	To let people in
3	Positivity	Break the cycle of bad self thoughts
4	Self Belief	Because there is so much I can do

FINAL LIST OF VALUES

Combine the new values you would need to update your life to generate the final prioritised list.

Sometimes you may have two values that seem to contradict each other, this is fine, because differing circumstances sometimes call for differing responses, however make sure the one that is more core to you as a person is listed higher than the other.

It doesn't matter how many final key values you have, however, between 8 – 15 seems to be a workable number.

No.	Values	Notes
1	Calmness	
2	Health	
3	Personal Growth	
4	Loving	
5	Making a Difference	
6	Congruency & Honesty	
7	Courage & Confidence	
8	Friendship	
9	Win / Win	
10	Desire & Determination	
11	Emotional Sharing	
12	Positivity	
13	Self Belief	
14	Resourcefulness	
15		

DETAIL YOUR TOP VALUES

The final step is to put into words, why each of these values is important to you.

For example if you chose “Honesty” as one of your values you might write...

HONESTY: By always being honest I am being true to myself and it helps me to avoid inner conflicts between what I think and what I say/do.

Remember, this list can change at any time and is relevant to now and the changes that you are looking for in your life.

Example Value

MY CORE VALUES

CALMNESS: I want a powerful sense of ease and calmness inside myself. A tranquillity that stops me from feeling stressed and allows me to be more objective in the decisions that I make. Perhaps I can begin some form of light meditation or, at least, take time each day to relax, plan and reflect upon the issues of the day.

HEALTH: To do all the things that I want to do, and to be there for those who are close to me, I have to be fit and healthy; therefore, I will look to take more exercise and continue to restrict the amount of refined sugars that I consume. I believe that this will help boost immune system and help generate more positive feelings in my mind.

PERSONAL GROWTH: To make all the changes I want in my life I must re-evaluate myself, my thoughts and my actions and adopt new ways of being and thinking that will allow me to move forward. It's one thing to read about change and another to actually do it – I am going to do it.

LOVING: It's time to start loving myself; I know that others love me so it is not a large step to take to accept that I can love me too. If I don't love myself how can I truly love them back?

MAKING A DIFFERENCE: This is an old value that has been redefine, in the past I wanted to be seen to have made a difference (by others) I now want to feel (in myself) that I have made a difference in the things that I do. These actions will be fully in-line with my values and congruent with myself.

CONGRUENCY & HONESTY: These are the core values that define who I am – in the past I occasionally struggled with the need to please other people and this sometimes led to me doing things that I did not necessarily believe in, this setup an inner conflict in myself. From now on congruency will be a driving factor in my life – if I do not believe in it then I will not do it and I will feel free to speak my mind politely and eloquently – however, it is important that I still remain open-minded to make sure that I know all the facts beforehand and my response is delivered with empathy.

COURAGE & CONFIDENCE: In the past these are values that I could intermittently turn on and off – From now on they will be core to my value set. I do have the courage and confidence to try new things, stand my ground, and achieve all I set out to achieve. I am a very resourceful and intelligent person with lots of experience in many differing fields – there is nothing to stop me doing anything that I want to do. As I define more clear goals confidence and courage will steer me towards achieving them.

FRIENDSHIP: I recognise that I do need more support from friends and family, I will rekindle old friendships and look for new ways to widen my circle of friends.

WIN / WIN: It is important to me that any transactions in my life are fair and ensure that each party gets what they need. This ranges from a big business deal down to an agreement with my children.

DESIRE & DETERMINATION: As I set new goals in my life, I will look for paths to follow that inspire me and where I can see myself making a difference. I want to feel the desire to do those things and approach each one with utter determination.

EMOTIONAL SHARING: I recognise that I have to become more open with my emotions and share my thoughts and feelings with those I love. I can see that what I thought was ‘protecting them’ is in fact locking them out and that’s not fair. How can they help me if they don’t know how I feel?

POSITIVITY: The time is right for me to look at events in my life with a new positivity, if nothing else it will make a change from all the negativity of recent months. I am not going to listen to negative people anymore and begin to look for the opportunities in every experience. By having congruency as one of my values – I will approach everything that I do with positivity or I won’t do it.

SELF BELIEF: I am as good as anyone and better than most – time to accept that, what I don’t know I can learn and I will try new things as I am looking for new more positive feelings.

RESOURCEFULNESS: This is one aspect of my life that up until now I have taken for granted, I am a very resourceful person; I have a huge number of ideas and can turn my hand to most things – so I will.

Your next step is to define your goals – download my [goal setting tools](#)