

# Living a Life of Values

This exercise is designed to help you live your values more fully, giving you a much richer experience of life.

Think of it this way: values are like fingerprints or DNA. You don't necessarily choose them; they're the essence of who you are. The challenge is using them, letting them act as your internal GPS, and letting them guide you to a life of meaning.

## Part One: Clarity

1. Choose eight values either from the list below or from your experience of life. Let your intuition be your guide, choosing words that resonate. This isn't about picking the "right" words but rather choosing words that "feel right."

Place these values words around the rim of the wheel on the next page.

Examples of values:

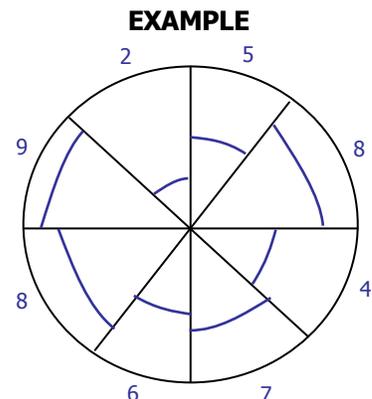
Love	Connection	Play	Leadership	Freedom
Creativity	Learning	Integrity	Beauty	Family
Fun	Energy	Contribution	Spirituality	Relationship
Peace	Purpose	Mastery	Adventure	Honesty

2. Now rate your chosen values asking yourself "On a scale of 1 to 10, how much is this value present on a typical day (1 being not satisfied, 10 being extremely satisfied)?"

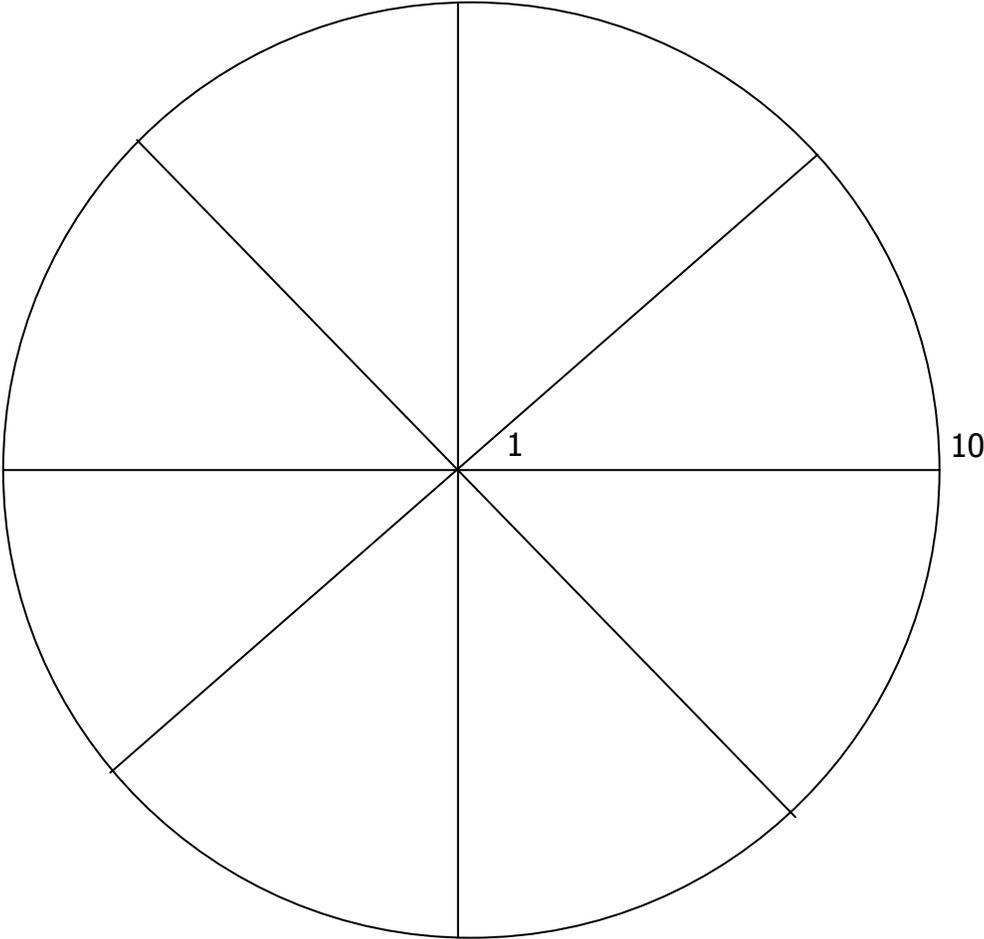
Mark the spot on the wheel. Do this for each Value, then draw a connecting line for each (see example) with the centre as 1 and the rim as 10.

3. Look at the wheel and notice where your satisfaction levels are low and where they're high.

No judging. Just notice.



# Part 2: Values Wheel



## Part 3: Alignment

1. List your values in the following table. In the Importance column, rate how important each value is to you on a scale of 1-10, with 10 being most important. Notice that importance is different from satisfaction.

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?

### Practice:

- Each day, consciously think of your values and how they're showing up in your life. If you're not satisfied, how can your behaviour change to honour that value more fully?
- Notice when a value is violated or ignored, and take action to restore integrity to that value, ie: choosing actions or behaviours that align with the value.

“Keep your thoughts positive because your thoughts become your words.  
Keep your words positive because your words become your behavior.  
Keep your behavior positive because your behavior becomes your habits.  
Keep your habits positive because your habits become your values.  
Keep your values positive because your values become your destiny.”

- Gandhi