

Discover Your Guiding Values



Discover how getting clear on your values makes you a more confident parent, partner, and leader!
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DISCOVERING YOUR GUIDING VALUES

Let's Get Started!

What Are Values?

Values are the principles that one holds as so valuable that one choose to align their behavior and life according to them.

Where do the come from?

Individuals are influenced by the values of parents, extended family, culture, religion, communities, countries, schools, peers, and any other source that may have a significant impact wether obvious or not.

Collective Values or Individual Values?

Our values guide every aspect of our life including decision-making, career choices, relationships, and how one prioritizes time and money. It's important to be clear on whose values we are making choices by.

COLLECTIVE VALUES - these are all of the values that were "put on us" as we grow to adulthood. Think of a yardstick and imagine each of the marks of measurement represents a value that came from your collective life experience. Often these values conflict with each other. I.E. A value such as "Spending time with my family" can conflict with a cultural value of "I need to take the next promotion to earn more money for my family" (when it may limit your time spent with them).

INDIVIDUAL VALUES - these are the values that one decides are uniquely true for themselves. Until one has done individual values work, it's likely that personal decisions are being based on collective values and could be leading to internal and external conflict. Values act as guides to help you make life choices that bring harmony and peace to your life. Therefore, making sure your choices are made from individual values is critical to your happiness.

DISCOVERING YOUR GUIDING VALUES

Values Word Bank

How to Discover Your Guiding Values

Highlight all of the words in the word bank below that give you energy and excitement.

Abundance	Confidence	Enjoyment	Hopefulness	Openness	Service
Acceptance	Connection	Enlightenment	Hospitality	Optimism	Sharing
Achievement	Consciousness	Enthusiasm	Humility	Order	Significance
Adaptability	Consistency	Excellence	Humor	Organization	Simplicity
Adventure	Contentment	Excitement	Imagination	Originality	Sincerity
Affection	Continuity	Expertise	Impact	Passion	Skillfulness
Ambition	Contribution	Exploration	Impartiality	Peacefulness	Spirituality
Appreciation	Control	Evolution	Impeccability	Perfection	Spontaneity
Artfulness	Cooperation	Fairness	Independence	Perseverance	Stability
Assertiveness	Courage	Faith	Ingenuity	Persistence	Strength
Attentiveness	Courtesy	Fearlessness	Inquisitiveness	Playfulness	Structure
Availability	Craftiness	Fidelity	Insightfulness	Pleasure	Success
Awareness	Creativity	Fitness	Inspiration	Preparedness	Support
Balance	Credibility	Flexibility	Integrity	Presence	Synergy
Beauty	Curiosity	Focus	Intimacy	Proactivity	Teamwork
Belonging	Daring	Fortitude	Intuition	Proficiency	Timeliness
Boldness	Decisiveness	Freedom	Joy	Professionalism	Tranquillity
Bravery	Dependability	Friendliness	Justice	Prosperity	Transcendence
Brilliance	Desire	Frugality	Kindness	Punctuality	Trust
Calmness	Determination	Fun	Knowledge	Recognition	Trustworthiness
Camaraderie	Dignity	Generosity	Leadership	Recreation	Truth
Capability	Diligence	Genuineness	Learning	Refinement	Understanding
Capability	Diplomacy	Grace	Liberty	Reflection	Uniqueness
Care	Directness	Gratefulness	Logic	Relaxation	Unity
Certainty	Discernment	Gratitude	Longevity	Reliability	Vision
Challenge	Discipline	Growth	Love	Resilience	Vitality
Charity	Discovery	Guidance	Loyalty	Resourcefulness	Warmth
Cheerfulness	Diversity	Happiness	Mastery	Respect	Wealth
Clarity	Dreaming	Harmony	Maturity	Restfulness	Wholesomeness
Comfort	Drive	Health	Mindfulness	Restraint	Willingness
Commitment	Duty	Heart	Moderation	Self-control	Winning
Compassion	Education	Helpfulness	Motivation	Selflessness	Wisdom
Competence	Empathy	Honesty	Mysteriousness	Self-realization	Wittiness
Composure	Encouragement	Honor	Open-minded	Self-reliance	Wonder
					Worthiness

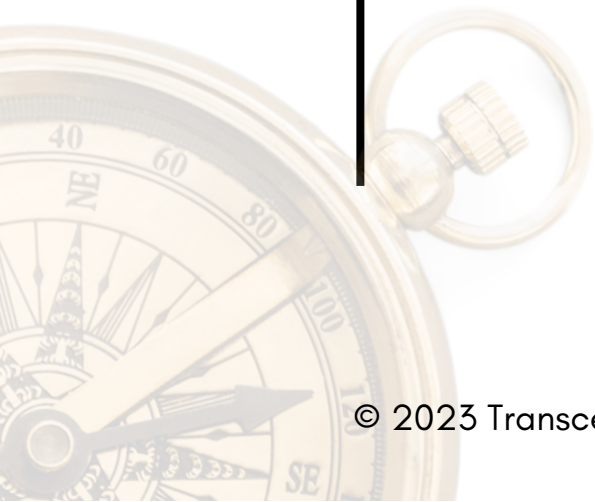
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Values Work Continued

Narrow it down!

From the highlighted words write the top 10-15 words here. Are there any words that naturally go together in categories? Put the strongest word at the top of each category.

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DISCOVERING YOUR GUIDING VALUES

Define & Prioritize

Questions for Consideration:

- Do the choices feel authentic as opposed to thinking about what I should value or what I used to value? Consider crossing off any words that feel like "shoulds". This indicates this may be a collective value vs an individual value.
- Do any of them feel more like they belong to someone else than yourself?
- Which ones feel like they bring out the best in you and give you energy?
- Are there any that feel heavy or like a burden? (this also may indicate a collective value vs individual)
- Which ones are non-negotiable?
- Does it feel like any words are missing that you want to add?

Define Your Top 5

Transfer your top 5 words to the space below and define what each one means in your life:



DISCOVERING YOUR GUIDING VALUES

Your Compass

Application:

How will these values act as a compass for you?

Are there any areas of your life that are not currently aligned with your values? What is one step you could take to move into greater alignment?

Consider how you might use this activity to discover the mutual values of your family, team, or company. Keep in mind a majority of all conflict stems from a conflict of values whether between individuals, teams or companies. If you would like to consider having a workshop to facilitate the discovery of your team or corporate values please connect with us at www.tslimits.com.

Take a moment to connect on Social Media!
Click the icons or search Transcending Limits

