



Values Discovery Exercise

Introduction

Our values inform our thoughts, words, and actions.

Knowing and living in alignment with your core values can help you show up as the best version of yourself more often and create the future you desire.

By consciously integrating your values into your life you can feel more on purpose, on track, and more like your authentic self.

Tips to get started:

- **Adopt a beginner's mind:** don't assume that you know what you will discover in this process.
- **Get out of your head:** your conscious mind doesn't have all the answers. Create a space for new insights to emerge by using your imagination, journaling, and paying attention to the emotions and sensations that emerge throughout the exercise.

Step 1) Revisit a peak experience

Think of a peak experience in your life, a time when you felt most alive, on purpose, most like your true self. It could be relating to your career, time with family or friends, volunteering, travelling, etc. If you have the time, try doing this with a peak experience from each decade of your life.

Close your eyes and allow your memory to transport you back to the time and place of the peak experience for a few minutes. Allow yourself to become immersed in the memory, noticing what you can see, hear, feel from this experience. Give it a try!

Step 2) Capture the details from the peak experience

Write down key words, memories, feelings, and sensations that emerge from Step 1.

Include any values you were living, expressing or experiencing in the memory (e.g. fun, trust, freedom, etc).



Step 4) Identify key values

Based on what you have written in Steps 2 and 3, underline words or phrases that resonate with you. Aim for at least 30-50 words/phrases/qualities/values total.

Step 5) Group similar elements together

Use the space below to group together the words and values you identified in Step 4.

Aim for at least 5 separate groupings.

You can have the same value in multiple groupings.

Example A) adventure, play, laughter, freedom, swimming in a lake, canoe camping, travelling.

Example B) home, connection, BBQing, support, intimacy, playing cards with my parents.

Step 6) Identify the most resonant value from each grouping

Identify the value that best represents each grouping.

From example A in Step 4, “Exploration” could be my core value that represents this grouping.

From example B, “Connection” could be my core value from this grouping.

Step 7) Select your top 3 values

From the groupings you just made, select your top 3 values for right now (they can change later in life).

To help you decide, consider the following points:

- What values feel most resonant and most authentic for you personally?
- What values help you connect with your best self?



Step 8) Values Clarification

Using the space below, clarify what each of your top 3 values means to you.

For the value statement, let's say you've identified a core value of joy to represent other values like fun, play, aliveness, gratitude, and adventure. Your values statement might be: "Joy: to live a life of passion and adventure infused with humour, playfulness and a feeling of aliveness and gratitude."

For the key behaviours, identify 2-3 behaviors for each of your core values that you are willing to integrate into your life in the next year. Tip: Select observable behaviours. Values are just ideas until we know how to translate them into daily actions.

Value 1:

This value helps me become the man I want to be by ...

Value Statement:

Identify 2 or 3 observable behaviours for this value that you will integrate into your life in the next year.

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Value 2:

This value helps me become the man I want to be by ...

Value Statement:

Identify 2 or 3 observable behaviours for this value.

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Value 3:

This value helps me become the man I want to be by ...

Value Statement:

Identify 2 or 3 observable behaviours for this value.

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