



What Are Your Values

The reason why knowing your values are so useful and powerful to know is because they determine what's important to us, give us the drive and motivation. They are what we move towards or away from. They determine how we spend our energy.

How to determine what your values are

A simple way to elicit your values both personal & professional is to ask the question:

What's important to you? (Personal or business/career)

Start writing down all the values, don't hesitate keep writing. If you say a behaviour ask:

What's important to you about that?

When you have finished, review and check if any values are missing. Choose 8 values from your list then rank them in order of importance 1 being the most important.

The top 5 are your values. MY TOP 5 VALUES ARE:

- 1.
- 2.
- 3.
- 4.
- 5.