

A GUIDE TO
IDENTIFYING
YOUR
PERSONAL
VALUES

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Hi there.

Chances are you've come across this guide because you're investing in your personal development, want to get to know yourself better or want more clarity in some part of your life. Or perhaps you're at a cross-roads and need to make a big decision: should I stay (in this job/in this relationship/in this situation) or should I go? Should I take the well-trodden path or try something different? Wherever you're at is a good place to start.

This guide will help you identify your personal values - something that might seem overwhelming or even confronting, but is well worth the effort you're going to put in.

I'll guide you through three simple steps to help you identify and define your values so you've got a really solid base to operate from.

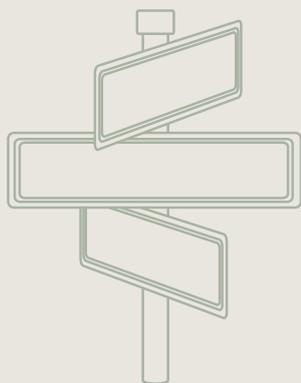
Mindfully,
Sarah Nguyen

WHAT ARE PERSONAL VALUES?

Your values are the things that are important to you; they provide a blueprint of principles on how you live your life. Think of them as your own personal code of conduct.



WHY ARE VALUES IMPORTANT?



Knowing your values is critical for developing self-awareness which is the foundation of emotional intelligence. When you know your values, you can use them as a guide to make decisions better aligned to what's important to you.

Your values also provide a benchmark or criteria for helping you make decisions and determine priorities - big and small - from:

- The things you do and don't do
- The type of work you do
- The causes or organisations you support
- The types of relationships you have
- How you choose to spend your time and energy (if you're interested in learning more about energy and time management, I've covered it in my Digital Workbook: 'Your Energy, Your Time.')

HOW DO YOU IDENTIFY YOUR VALUES?

It takes a lot of deep work, introspection and reflection, but the clarity you'll get is worth the investment (and I know you can do it!)

On the next few pages, you'll find the three-step process I recommend for identifying your values.



Step 1: INTROSPECT AND GET CURIOUS

Brainstorm possible values and identify 1-5 that resonate with you using the list below to help prompt your own brainstorming. The list isn't exhaustive, so feel free to come up with your own!

Adaptability	Fulfilment	Kindness	Success
Adventure	Fun	Knowledge	Travel
Authenticity	Grace	Learning	Trust
Community	Gratitude	Leadership	Truth
Compassion	Growth	Optimism	Wealth
Curiosity	Health	Persistence	Wellbeing
Courage	Honesty	Respect	Wisdom
Family	Humour	Responsibility	Wonder
Friendship	Integrity	Security	

For each value, consider:

- What resonates with you about this value?
- Is this value really important to you, or do you feel like it 'should' be? It's easy to come up with ideas about things we think should be important to us without questioning whether they really matter to us on a deeper level. Try to let go of what you feel you're expected to value due to cultural conditioning from societal norms and values, family beliefs, etc, and tune into yourself.
- How do you currently display this value in your life - whether through how you think or what you do? Values should be an accurate reflection of what's important to you, not a trait or something you strive towards.

Step 2: IDENTIFY THE HABITS AND BEHAVIOURS THAT SUPPORT EACH VALUE

Now that you've identified your core values, it's time to get clear on the habits and behaviours that support them. Values should be an accurate reflection of what matters to you, not things that you aspire to be.

Identifying the habits and behaviours that support each value will help you sanity-check your list and keep you accountable.

Consider:

- What habits support this value? Ask yourself: “what do I do to live this value?”
- What behaviours support this value? Ask yourself: “what behaviours do I display that demonstrate this value?”

Step 3: WRITE A VALUES STATEMENT FOR EACH VALUE

A values statement explains what each value means. Make them as creative, catchy and detailed as you'd like.

WORKSHEET: Flesh out your values

Value:

Habits and behaviours:

Values statement:

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