



## Discover your values.

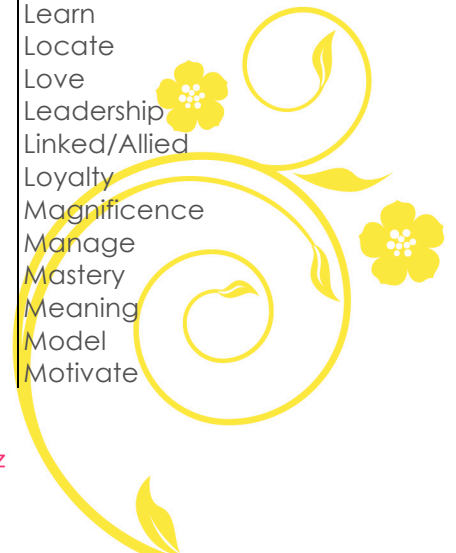
Values are ideals that are personally important and meaningful to you. They are the experiences that bring you joy and that move you forward.

Our values help us to distinguish what's important to us, whether we are aware of them or not.

To be consciously aware of our values and to create our life around them, produces a huge positive impact in our lives. If we aren't living aligned with our values, discontentment and stress are residue effects. To experience success, our values need to be a top priority.

Look through the list below and write down the words you resonate with. Then begin narrowing these down, until you have distinguished the 10 most important words to you. These are your values.

Abundance	Change	Engage	Honour
Accepting	Charity	Environment	Humour
Accomplish	Coach	Equality	Illuminate
Accountability	Collaboration	Excellence	Impact
Accuracy	Commitment	Excitement	Improve
Acquire	Compassion	Experimentation	Influence
Action	Compete	Expert	Independence
Adventure	Communication	Explore	Indulgence
Align	Conceive	Expression	Ingenuity
Alter	Connected	Fairness	Inspire
Ambitious	Contribute	Faith	Instigate
Animal Rights	Control	Family	Instruct
Appreciation	Cooperation	Fashion	Integrity
Arouse	Creativity	Feelings	Intimacy
Assemble	Culture	Flexibility	Intuitive
Assist	Curiosity	Focused	Invent
Attain	Dare	Forgiveness	Inviting
Attract	Decisiveness	Freedom	Join together
Attractiveness	Dedicate	Friendship	Joy
Augment	Design	Fulfilled	Justice
Authenticity	Detect	Fight	Kind hearted
Awareness	Devoted	Fun	Knowledge/Growth
Be your best	Discern	Generosity	Laughter
Balance	Discovery	God	Learn
Beauty	Discipline	Grace	Locate
Bold	Distinguish	Gracious	Love
Bashful	Dominate	Gratification	Leadership
Brave	Drama	Gratitude	Linked/Allied
Bliss	Educate	Guide	Loyalty
Build	Elegance	Happiness	Magnificence
Calm/Peace	Emotions	Hard work	Manage
Career	Empathize	Harmony	Mastery
Catalyst	Encourage	Health	Meaning
Certainty/Stability	Energize	Help	Model
Challenge	Enlighten	Honesty	Motivate





Move forward	Prevail	Sentiment	Tranquillity
Nature	Privacy	Seriousness	Triumph
Networker	Professionalism	Serve	Trust
Nurture	Prosperity	Share	Turn on
Observe	Provide	Sincerity	Uncover
Openness	Punctuality	Spirituality	Understanding
Optimism/Positivity	Purpose	Spontaneity	Unity
Orderliness	Quality	Stability	Uplift
Organisation	Quest	Strengthen	Variety
Originality	Realize	Structured	Venture
Outdoor	Recognition	Success	Victory
Part of community	Refinement	Superiority	Vitality
Passion	Reinvent	Support	Warmth
Patience	Relatedness	Synthesize	Wealth
Perfect	Relaxation	Taste	Well-being
Persuade	Religion	Teaching	Win
Plan	Respect	Teamwork	Wisdom
Play games	Risk	Tenderness	Work
Pleasure	Rules Sensitivity	The Unknown	
Power	Safety	Thrill	
Practicality	Selflessness	Tolerance	
Prepare	Sensuality	Touch/Move	

Take some time to look over your top 10 values. You may like to make a list of each area of your life, Home & Family, Career, Finances, Personal Wellbeing, Health and Fitness and Relationships and then distinguish which areas you're living aligned with your values and where you're not. You may identify there is a lack of fulfilment where your values aren't being experienced. What needs to happen so your values can overflow into every part of your life?

When you are aware of your values, you can develop a life that is aligned with what is most important to you. It may also help you to understand, why some decisions haven't sat well with you and others have been an absolute pleasure. Choosing a career path, starting a family, creating friendships, these are all affected by your values. By understanding what is significant to you, you are more likely to experience successful living.

