

Your Values

In my first session with a new client, I work with the client in exploring and clarifying their personal values.

Through discovering and clarifying your values, you will create a map that will guide you through the decision paths of your life. It helps you make a stand and make choices on what is fulfilling for you. When we honour our values, there is a sense of internal rightness.

Complete the following and bring your notes with you to our first session.

Identifying values (between 6 and 10)

☞ Capture the essence of 6 peak moments in your life, on paper. Simply list 6 moments in your life when you had the world by the tail. Life was good. You felt happy and fulfilled.

☞ List 2 moments in your life when you were angry about what was happening or the way you were being. Frustration set in, perhaps a feeling of being overwhelmed or out of control. These are definitely among your lousiest moments of all time! What was it that enabled you to move beyond these moments?

☞ Once you've met the basic requirements for living, what else do you need to have in your life to feel whole and fully alive? What are the values you absolutely must honour – or part of you dies?

☞ We are all capable of obsessive behaviour – insisting on honouring our value. What is it that people say about you? What do you say about yourself? What is it that people tease you about or that drives them nuts? These are important values that have mutated for some reason. Look for the value, and don't focus on the mutation.