

VALUES CLARIFICATION

In coaching terms, values represent who you are and what is essential to you. They are not universal morals, nor are they standards of good and evil. They are not things that come and go, or principles that you develop over time. Values represent that which, when honored fully, bring immense fulfillment to your life. Values often show up in what you spend your (valuable) resources on: your time and money. For example, if you say that “nature” is your one of your core values, how much time do you spend in nature, really? If it is a true value to you, you don’t just dream about it and aspire to go out in it, but you actually choose to be in nature a lot – even at a cost of something else. Or if your value is “family”, are you truly present when you are with your family members? Can I see from your calendar that you schedule just as much high-quality time with your family as you do with your work? An old saying nails it: “Show me your checkbook and your schedule, and I can tell you your true values.” Values are what we are, and what we do.

During our discovery process, we will look at and clarify your top values, and then refer to them often in our ongoing work together. Spend some time with the exercises below. They are intended as the first step in naming your values. What you write will be used by us as raw material. Do not worry about naming the actual values. We will do that together.

1. **Think of a peak time in your life**, a time of extreme pleasure or adventure, learning or satisfaction, peace or well-being. It may be a moment in time, or may have happened over a long period. Describe this time, with as many pertinent details as possible. What was it about this moment or experience that made it so powerful? Put yourself back in that time, and be aware of all around you. What do you see? Hear? Taste? Smell? Feel? What thoughts are in your head? What emotions are you experiencing?
2. **Think back to a terrible event**, moment or period in your life, a time where you felt completely dishonored, unloved, disempowered - a truly yucky time. Describe this time, with as many pertinent details as possible. What about it was so horrible? What aspects of that time do you never want to experience again? Put yourself back in that time, and be aware of all around you. What do you see? Hear? Taste? Smell? Feel? What thoughts are in your head? What emotions are you experiencing?
3. What really makes you **angry**?
4. What delights you & makes you truly **happy**?
5. If I were to interview your family and/or closest friends, **what would they say** you value the most?
6. What do you **spend your time** doing? Who do you spend it with?
7. What do **spend your money** on?