

Discovering your Values

Why are values so important?

Our Values are linked to our Emotions, and Emotions drive Action.

VALUES => EMOTIONS => ACTION

We have an emotional response when

- our values are stepped on —————> Negative emotional response
- our values are honoured or upheld —————> Positive emotional response

Self Reflection Questions

What annoys or frustrates you?

When something annoys us, it's good. There is valuable information here.

For example, it frustrates me when things are difficult to do. It goes against my value of EASE. One of my passions is to make things easier, simpler, and less time consuming. So when a task is difficult, it stomps all over my value of ease.

Things that Annoy me	The opposite of that is....

What is your favourite Film / Song / Book / Hobby?

What about this do you love?

Your values are in whatever it is that you love about your favourite things.

My Favourite.....	What I love about this is....



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COACHING