VALUES CHALLENGE

Why understanding your values is key to so many areas of your life

What are values?

- “A value is defined as a principle, standard, or quality considered inherently worthwhile or desirable. Individuals, groups, and whole societies hold values. Values are what motivate and fulfill you. They imbue your work and your life with meaning. …In essence, a value is what is important to you.”

  -- Julie Jansen, I Don’t Know What I Want, But I Know It’s Not This

- “Values are a matter of what guides you through every day, every task, every encounter with another human being.”

  -- Richard N. Bolles, What Color is Your Parachute?

Values Clarification Activities

Your “purpose” in life has a lot to do with what kind of impact you want to make and the way you want to live. This can be defined and often clarified by understanding your values.

Step 1: Scenario Dissection

- Think about an experience when you were so absorbed in what you were doing that you hardly noticed the time. What were you doing?

- Think about the things that you find meaningful. What do you think of? Include ideals, feelings, and activities.

- Identify the times when you were really happy. Who were you with? What were you doing? Were there any other contributors. Consider situations both in your personal life and career.

- Identify a time(s) when you were really proud. Did anyone share this pride with you? What was it about this situation/achievement/creation that brought you pride?

LET’S START BIG AND NARROW IT DOWN…

Time to brainstorm

Values

96 responses

35

STEP 2: IDENTIFY YOUR TOP 10

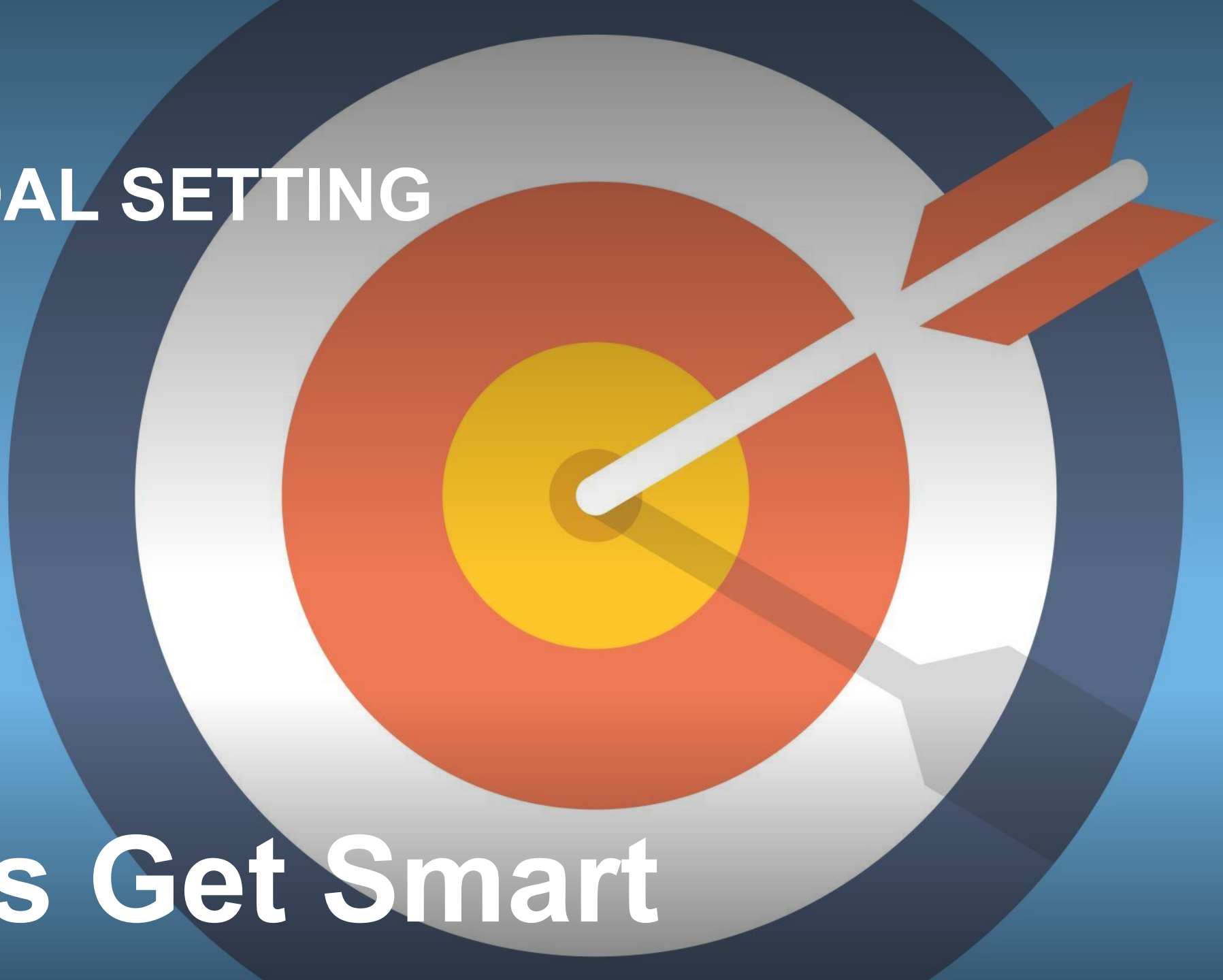
Step 3: Time to “Compete”

- Find a partner
- Use your values assessment worksheet
- Determine your top 10 order

Application

- Personal
- Career
- Relationships
- Mindful investment (how do you want to spend your time/money?)

GOAL SETTING



Let’s Get Smart

SPECIFIC

MEASURABL

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“A goal is just a dream with a timeline.”

Action Plan

"A **goal without a plan** is just a wish." Antoine de Saint-Exupéry.

The anti-SMART goal???

Dream Big

No attachment to the outcome

More freedom

Time to set some goals

- Using your top 10 values, set a short-, medium- and long-term goal.
- Or-create a bucket list, dare to dream.

Thank you

Feel free to connect with me

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