

Values

WORK OUT WHAT REALLY MATTERS TO YOU





Identifying your values helps you live life well.

Values are a great tool to help you design and create a really satisfying life and career.

What are Values?

The word Values can be slippery. I like to think of them as *Principles of a Life Well Lived*.

How to find them

When trying to work out their own values, most people launch in and randomly pick out some things that feel important.

The list often includes words like *friends* and *family* and there are usually a few bigger words like *authenticity* and *integrity* thrown in too. The end result is often pretty generic and not very useful.

A new approach

This simple Three Step Strategy is a much more effective way to determine your own values.



Step 1: Identify

Ask yourself the following simple question: **What are the most important things in my life?**

Your answers could look something like this:

- My family
- My cat
- My job
- Building a business
- Bushwalking
- My home
- Volunteering
- Staying fit



Step 2: Explore

For each thing you wrote down, ask yourself: **What does that mean to me?**

Your answers could look something like this:

- Family: connection, love and joy
- My Cat: reassurance, quiet, love
- My Job: stability, creativity, positive feedback
- Building a business: freedom, achievement, authenticity, creativity
- Bushwalking: quiet, strength, being in the moment, nature
- My home: safety, calm, relaxed, beauty
- Volunteering: contribution, personal growth
- Staying fit: feeling strong and having energy



Step 3: Refine

Take that list of words and refine it, by combining any similar items and removing any that don't really resonate. You will end up with a short Values List that is easy to remember...and use!

Your answers could look something like this:

Connection / love

Achievement / growth

Calm

Strength

Creativity



Hi, I'm Alex Kingsmill, founder of Upstairs Coaching.

As an evidence-based Life and Career Coach, my focus is on helping you design and build a life and career that is really yours, one that you will love.

If you have questions about coaching, I'd love to help!

You can email me at alex@upstairs.net.au or message @upstairscoaching

Or if you're ready for some positive change you might like to book an evidence-based coaching session, at upstairs.net.au/shops/

Alex

