



Penelope Jay

Your Life Values

- Your Values are what is important to you in life. Knowing & understanding your VALUES really helps drive you forward. We ask what you enjoy, what inspires you and would like more of? By **building a life and lifestyle around our values** we create a **life that is more satisfying and meaningful** to us.
- NB. Values change over time, and deepen as you understand yourself better – they are always moving. Your Values can also be situational - so what is true for you at work may not be true for you at home.
- Finally, the Values "List" below is ONLY to give you some ideas of example or sample values. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Value better. If so, feel free to add those words to the list below.
- Perhaps pick out a few and/or add your own to find out in quick, what you value in your life to keep you aligned and in tune with YOU.

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|--------------------|-------------------|---------------------|
| 1. Accomplishment | 34. Focus | 67. Peace |
| 2. Accuracy | 35. Forgiveness | 68. Presence |
| 3. Acknowledgement | 36. Freedom | 69. Productivity |
| 4. Adventure | 37. Friendship | 70. Recognition |
| 5. Authenticity | 38. Fun | 71. Respect |
| 6. Balance | 39. Generosity | 72. Resourcefulness |
| 7. Beauty | 40. Gentleness | 73. Romance |
| 8. Boldness | 41. Groundedness | 74. Safety |
| 9. Calm | 42. Growth | 75. Self-Esteem |
| 10. Challenge | 43. Happiness | 76. Service |
| 11. Collaboration | 44. Harmony | 77. Simplicity |
| 12. Community | 45. Health | 78. Spirituality |
| 13. Compassion | 46. Helpfulness | 79. Spontaneity |
| 14. Comradeship | 47. Honesty | 80. Strength |
| 15. Confidence | 48. Honour | 81. Tact |
| 16. Connectedness | 49. Humour | 82. Thankfulness |
| 17. Contentment | 50. Idealism | 83. Tolerance |
| 18. Contribution | 51. Independence | 84. Tradition |
| 19. Cooperation | 52. Innovation | 85. Trust |
| 20. Courage | 53. Integrity | 86. Understanding |
| 21. Creativity | 54. Intuition | 87. Unity |
| 22. Curiosity | 55. Joy | 88. Vitality |
| 23. Determination | 56. Kindness | 89. Wisdom |
| 24. Directness | 57. Learning | 90. _____ |
| 25. Discovery | 58. Listening | 91. _____ |
| 26. Ease | 59. Love | 92. _____ |
| 27. Effortlessness | 60. Loyalty | 93. _____ |
| 28. Empowerment | 61. Optimism | 94. _____ |
| 29. Enthusiasm | 62. Orderliness | 95. _____ |
| 30. Environment | 63. Participation | 96. _____ |
| 31. Excellence | 64. Partnership | 97. _____ |
| 32. Fairness | 65. Passion | 98. _____ |
| 33. Flexibility | 66. Patience | 99. _____ |
| | | 100. _____ |

The words in the #100 list here are a guide. There is another way of working out your values which I really love. It goes like this:

Firstly, why would we do this exercise of finding our values? Good question and one I asked when I was crawling up out of my own trials and tribulations. It wasn't until I found them, were my questions answered once and for all.

Well, life can be fast and furious and we can become lost so, knowing, understanding and living our life values really helps us slow down, smell those roses and bring the right people at the right time to us.

Values; what we hold belief in and what we would stand up for if our life depended on it.

Is this you?

Valuing a tidy house

Valuing friendships

Valuing being on time

Valuing love

Valuing your own time

Valuing your sensitivity

Valuing your freedom

Valuing your sense of self worth

Valuing education

Valuing free time

Valuing health & fitness

Valuing connection

So many delicious things in life to place a value on.

You will more than likely place a different value on different aspects of your life than members of your family and those close to you. Sometimes these values may even conflict with others which causes ill feeling or perhaps verbal interference or a blow up.

Recognise values in those close to you as you begin to recognise your own. Be aware of what they are doing and how. Be aware of same same for yourself. You will notice in time more harmonious relationships and understanding why someone does or says something. If it's not hurting anyone, this is a perfect example of someone exerting their own precious values. Some you may encounter as a "dislike" perhaps or some you may align yourself with. Finding people who are congruent with our own values is a bonus.

So, have a think as what means alot to you and this will be a ""value"", then think of more. Have a think as to ""why"" it means something to you and what it brings to your world. For example; **Freedom** may be a high value of yours because it brings adventure into your life. You are able to spread your wings and be you 100% of the time.

Loyalty may be another value because it brings peace of mind to your world and you know just how loyal you are in return.

Equality may be another value for example as it brings a sense of social justice to your world, a certain fairness for all.

Connection, yet another value because it may bring you close to your heart and feeds your love of people or animals for example.

Placing certain values on a sort of **Value Pedestal** begins to create a **Top 5 Life Values for Personal Fulfilment**, type of list. Something you can remind yourself to live by and the reasons why you do.

Reminders are great to have closeby, on hand and seem to jump out at us when we need them most. One of those “meant to be” moments.

You may like to create a card with your Top 5 Values and make it size enough to fit in your wallet, and maybe even laminate it for protection of wear and tear.

If you find you need some extra personal TLC one day, maybe work is getting to you, or family is a challenge or a relationship has gone pear shaped or you are required to make a BIG decision and you need some extra oomph! to get you over the line. Whatever the need is, pull on your values, remember who you are and where you are coming from no matter what. It's your “gut”that is talking, feeling and actioning.

Values.

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I cannot stress the importance of understanding, being aware, finding and living by them.

I truly hope you make time to find yours.

Penelope x