

Get More Value from Life



Your Values

Your core-motivating values define who you are and what matters most to you. When you honor your values you feel fulfilled, when you do not there is dissonance. Values are ideals and qualities, rather than morals or principles to live by.

A Peak Moment in Time

Recall a peak moment: a snapshot of when life was good; a fond memory. What was happening? Who was present and what was going on? What were the values that were being honored in that moment? List those values here. [[Download a copy of this worksheet here.](#)]

Suppressed Values

Remember times that you have been angry, upset or frustrated. What were you feeling. Then look for the opposite of those feelings. This is a clue to the values that are being suppressed or not honored. Write down the values that were missing.

Feel the Magic

You can go for a long time without honoring some values and life will be OK. When you do honor those values, life is magical.

For additional guidance on determining your Core Values,
[Book an Appointment with Lynne](#)

What makes you crazy?

The ultimate test of a value is to envision a situation where it is not possible to honor that value. The degree of craziness will reveal how important it is.

Values Worksheet

With your values identified, the next step is to prioritize your top values and rate your satisfaction levels with the ones that are high priority. Write the value in the center column, rank priority on the left, and give it a satisfaction score on the right. This will pinpoint which ones you'll want to focus on to increase fulfillment.

Priority Order 1 = highest	Value/Description	Satisfaction Score 1 (low) – 10 (high)
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Values – Standards and Obstacles

In this chart, list the top 8 values from the *Values Worksheet* above in the *Value* and *Honoring Score* columns. Then, describe what you will experience when it has been fulfilled in the *Standard* column. Next identify what is stopping you from meeting this standard and name it in the *Obstacle* column. Finally, give the obstacle a *Strength Score* (10 for strong 1 for weak).

	Value	Honoring score	Standard (How is value honored?)	Obstacle	Strength of Obstacle Score
1					
2					
3					
4					
5					
6					
7					
8					

Values Action Log

Now that you have described what fulfilling your top values looks like, and identified the obstacles to achieving fulfillment, think of an action step you can take that will move you to a higher satisfaction score.

Taking incremental steps like moving from 5 to 6 are more effective than attempting to jump from 5 to 10. Set a date that you will take this action by. Build in some accountability by telling a trusted friend, accountability partner or your coach, and ask her to check in with you to track your progress. When you achieve that step, set a new action to continue increasing your score.

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Value	Action to be taken to increase honoring score	By when?
1		
2		
3		
4		
5		
6		
7		
8		

“Do not allow your life to represent anything but the grandest version of the greatest vision you had about who you are.” Neale Donald Walsh

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