

# your personal values

Your personal values are characteristics that are like puzzle pieces. When you put them together they make up a unique 'YOU'. When you know your personal values, you can make decisions about work and every other aspect of your life, that honours who you are and what brings you to life. When you honour a value in small and big ways, you gain energy and motivation because you find you are finally being yourself, not being what you were told you 'should' be.

Start by crossing off any values which are DISSONANT to you.

(Dissonant means they are obviously not 'you', they may feel almost jarring to who you are at your best.)

Now start to narrow down to a top ten value list of RESONANT values - things you know are deeply important to you or describe you at your best. These ten should be honoured regularly.

From here, name the top three. These are your non-negotiables and should be present as often as you can honour them.

At the bottom fill in your three non-negotiable values - you'll notice they are verbs not nouns as this makes them personal. Rather than I have patience, it's important to claim I am patient as an identity puzzle piece not just something you do.

patient  
self aware  
perceptive  
principled  
warm  
agreeable  
trustworthy  
ambitious  
conscientious  
sensitive  
independent  
supportive  
purpose-driven  
risk aware  
decisive

driven  
quality minded  
curious  
giving  
protective  
making a difference  
courageous  
genuine  
sentimental  
sacrificing  
efficient  
adaptable  
adventure driven  
results oriented  
understanding

objective  
people-centred  
practical  
structured  
inventive  
committed  
future-oriented  
assertive  
harmonious  
optimistic  
creative  
influential  
self sufficient  
supportive  
flexible

My non-negotiable values:

I am .....

I am .....

I am .....