

Step 1:

- With a Values List, write down the first 20 values that speak to you most
- Be aware of your state, your ego and your desire to *want* to become something
- Choose values that you are clearly valuing currently, not wanting to value
- If you are stuck review your last few weeks of calendar activity

Step 2:

- Remove any Values that aren't a priority so that your list is down to no more than 10
- Choose only values that you couldn't live without or your life would be affected by their absence
- Not just an 'I prefer this' value

Step 3:

- Write down each your 10 priority values on a single piece of A5 paper each
- Examples: Health, Family, Fitness etc. No more than 10.

Step 4:

- Write down your own personal meaning underneath each value:
- What is your own personal meaning of \_\_\_\_\_? Or
- What does \_\_\_\_\_ mean in your life?

Step 5:

- Looking at your 10 values with meaning attached, you may notice some crossover? If so....
- Take some time to – in your own way – refine your Values and the meanings. It may be that some values like; love, support, security, meaning are best describing the value of Family.... Or maybe its Relationships.
- Your values should not be super vague or similar.
- If so, group some meanings/words together to form one value that best reflects.
- Shift paper around to merge etc.

Step 6:

- Write down your top 5 values and now rank them using a 1, 2, 3, 4, or 5, with 1 being the most important to you.
- Once you have your list you will need to assess for accuracy.

| Extremely Valued | Very Valued | Valued |
|------------------|-------------|--------|
|                  |             |        |
|                  |             |        |

- Add your values into 1 of the boxes above based on how valuable they are to you
- They should be hierarchical
- They can all be in the same box but they should be hierarchical
- In other words the 5 values should be in a priority list
- Now look at the first value and ask:  
Would I prefer to experience the first value in my life more than the second value?
- If the answer is YES, you know you have it in the right order
- If the answer is NO, swap them and then repeat the question above for each Value
- Once complete you have your current values
- Repeat annually