

Mining for Values

Welcome! The Self-Discovery process is one of *the* most important ways to begin living a life on purpose. Knowing your values is part of that process. You are embarking on an exciting journey!

Knowing your Values:

- answers the age old question, "Who Am I?"
- puts you on a path of self discovery
- outlines what a life of fulfillment looks like for you.
- looks at yourself from the inside out.
- is another way to understand who you are.

When you know your values and then live a life in accordance with those values, you are finding your way in life. Knowing your values can be a game changer. You will get a peek inside who you really are. The power of knowing your values is in articulating them and then living a life according to those articulated values.

It is a powerful exercise. So let's begin to discover who you are.

First, values are intangibles that drive your life. You can't see them, but they exist within you. To mine for values, you are looking for words that describe what you cannot see or touch such as personal power, intimacy, freedom, adventure, productivity, spirituality, fun.

Here are some questions to help you discover what you value.

- 1) What are "must haves" in my life to feel fulfilled? What is that you already know about yourself? You must have....Exercise? Connection? Creativity?
- 2) What have been some peak experiences in your life? Those are the moments where you felt joyous, fulfilled, or extremely happy. Review each experience. What was happening that made you feel this way? You are searching for what value was being honoured.
- 3) What have been some low points in your life? This might be a time when you were really angry or sad. Review each experience. What made you upset? What were you feeling? What was happening that made you feel this was a low point? What was value was being betrayed or not honoured?
- 4) How do you spend your time and money? Follow your time and money. It shows you what fulfills you or where you are betraying yourself.
- 5) Move through your life completely tuned in without electronic devices. Spend a day witnessing what lights you up, what makes you smile, what gets you excited.

Tips when Mining For Values:

1. Try to find words to describe your values that **evoke an emotional response**.
2. **String together words that describe your value.** For example, you and I might use the same word to describe a value. For example: Freedom. For you, you might describe the value as Freedom/ finance/ savings/ security. Maybe I describe Freedom as Freedom/ travel/ adventure/ unpredictability.

One word can have different meanings. Stringing words together helps you understand and embrace your value more fully.
3. Once you have a list of values. Arrange them in descending order of importance. What value (s) will drive your life the most?
4. Remember to rate how well you are honouring your value right now? This will give you insight into where the outages are in your life. For example, if you have been feeling irritated or "off" perhaps you are not honouring one or more of your values. If a value for you is FUN and you rated that value with a low number, it is time to find ways to have more fun in your life.
5. Have fun with this. Do not over think it. You can always change the wording or the arrangement of values. The most important thing is that you are beginning to know who you are. There is no right or wrong just what feels good to you. Trust yourself.

Congratulations on taking a step toward self-discovery!