

MOTIVATIONAL ENERGY

VALUES EXERCISE

Read through the list of values below, slowly and consider each one, circling the ones that call to you.

Let your gut choose the words, not your head. Feel how your body and heart respond to each value.

You're looking for values that either feel like an intrinsic part of who you are and how you show up in the world (for me that is fun and play) and what is deeply important to you and feeds your soul (for me it is deep connection, love for others).

Don't go for values because they sound impressive or worthwhile. Don't go for values because you want MORE of that in your life. You might want a life full of abundance, but unless it really calls to you, don't choose it.

Don't shy away from words because they seem frivolous. My two values of fun and play might sound like childlike or frivolous words, but fun and play are such an intrinsic part of my character and I LOVE when things can be made to feel like fun and play. When I bring fun and play to what I do - anything from marketing or parenting - things flow and sparkle and I'm at my best.

Only choose values that come easily to you. I felt called to the idea of wisdom being one of mine but it came with too much weight of expectation from myself and also I suspected that my ego was a little tooo into it, so I knocked it off the list.

So with that, let's get you started!

Step 1:

Circle or write out all the values that call to you from the list of values on pages 3 and 4 of this worksheet (and add any that you think of that aren't on that list).

This is what you want your life to be full of. This is what is important to you. This is what you want to be experiencing in life and dedicating yourself to as much as possible, in the way you live, work and play.

So take a moment and let it soak in. Enjoy it.

Step 2:

Then go through this new list of values that call to you and circle the ones that you are MOST drawn to. You might find that you feel a strong 'yes' as you read them or you feel a surge of energy in your body as you read the word.

Step 3:

Now write out the values that you circled. The aim is to have between three and six values. So go through the list again and choose your top TOP values.

Step 4:

If you have more than 6 then group together values that have a similar feeling to them eg fun, excitement, adventure and see if there is one word out of the group that really stands out or that could be an umbrella word to capture the feeling of all three eg 'fun'

Step 5:

Now that you have your values, let's look at how you can use them to shape your life...

Take each of your values, one by one, and for each of them write out the following:

1. What does ...<insert value>.... mean to you? Why is it so important to you?
2. What are the activities, experiences, people and objects that help you to feel that way and connect with that value?

Abundance	Creativity	Future generations	Laughter
Activism	Curiosity	Generosity	Leadership
Accountability	Decisiveness	Giving back	Learning
Achievement	Deep Connection	Grace	Loyalty
Accuracy	Democracy	Gratitude	Legacy
Advancement	Dignity	Growth	Leisure
Adaptability	Diversity	Groundedness	Love
Adventure	Duty	Guidance	Love for others
Autonomy	Economic	Happiness	Loyalty
Affection	Education	Harmony	Making a
Altruism	Effectiveness	Health	difference
Ambition	Efficiency	Healing	Magic
Arts	Elegance	Helping Others	Magnificence
Authenticity	Energy	Helping Society	Manifestation
Awareness	Enlightenment	Health	Mastery
Balance	Entertainment	Home	Mentoring
Beauty	Enthusiasm	Honesty	Mindfulness
Being of service	Environment	Humour	Moderation
Belonging	Equality	Hope	Money
Brilliance	Ethics	Humility	Morality
Calmness	Excellence	Imagination	Mystery
Career	Excitement	Improvement	Nature
Caring	Exhilaration	Inclusion	Openness
Challenge	Experiment	Independence	Order
Change	Expertise	Influencing	Originality
Celebration	Fairness	Initiative	Parenting
Collaboration	Faith	Integrity	Passion
Comfort	Fame	Inner Harmony	Patience
Community	Family	Inspiration	Patriotism
Commitment	Femininity	Integrity	Peace
Compassion	Financial stability	Intellect	Personal
Competence	Faithfulness	Intimacy	Development
Competition	Fast Pace	Intuition	Personal
Completion	Flexibility	Involvement	Expression
Cooperation	Fitness	Joy	Personal
Connection	Flow	Job security	fulfilment
Connectedness	Forgiveness	Joy	Perseverance
Confidence	Freedom	Justice	Planning
Cooperation	Friendship	Kindness	Play
Contentment	Fun	Knowledge	Pleasure
Contribution			
Courage			
Country			
Contribution			
Courtesy			

Power
Pride
Privacy
Problem solving
Purity
Purpose
Quality
Radiance
Rationality
Romance
Rebellion
Recognition
Relationships
Religion
Reliability
Reputation
Responsibility
Resourcefulness
Respect
Rising Up
Risk-taking
Safety
Security

Self-care
Self-love
Self-expression
Self-Respect
Self-Acceptance
Self-discipline
Sensibility
Sensuality
Serenity
Service
Sexuality
Sensuality
Simplicity
Solitude
Sophistication
Spark
Spirituality
Stability
Status
Sportsmanship
Stewardship
Success
Teaching
Transformation
Teamwork

Thriving
Time
Tolerance
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Variety
Vitality
Vision
Vulnerability
Wealth
Wellbeing
Winning
Wisdom
Wholeheartedness
Wonder
Work-life balance