VALUES

THE VALUES EXPLORATION TEMPLATES

Here are four different ways you can explore your values. You can choose to pick one or work your way through them all, then check and challenge your thinking from different angles.

1. OPPOSITES

WHAT BEHAVIOURS DO I DISLIKE IN OTHERS? *e.g. thinking you're better than everyone else*	WHAT'S THE OPPOSITE OF THAT BEHAVIOUR? *e.g. humility*

- Now you have the opposite (positive) behaviours, pick 4 (ish) that you feel strongly about, note them down below and describe what they mean to you:

VALUE 1 *What it means to me*	VALUE 2 *What it means to me*	VALUE 3 *What it means to me*	VALUE 4 *What it means to me*

2. FREE WRITING

- Ask yourself the question, 'What is important to me in my life?' And 'What do I really care about?'
- Set a timer for 6 minutes
- Start writing. Don't stop, don't overthink; just keep writing (use an additional piece of paper if needed!)

- Once the 6 minutes are completed, review your thinking, and pick out the main themes you notice
- Pick 4 (ish) that you feel strongly about, note them down below and describe what they mean to you:

VALUE 1 What it means to me	VALUE 2 What it means to me	VALUE 3 What it means to me	VALUE 4 What it means to me

3. REVERSE ENGINEERING

- Ask yourself the question, 'What behaviours do I display when I'm at my very best?'.
  This can be what you know about your strengths and also what people tell you.
- Write up to eight behaviours in this box

1.	5.
2.	6.
3.	7.
4.	8.

- Now switch each behaviour into a value

	BEHAVIOUR *e.g. 'I'm great at getting people on board with ideas'* *'I really care about doing my work with excellence'* *'People tell me I'm a great team player'*	SWITCHED TO VALUE *e.g. Influential* *Conscientious* *Collaborative*
1		
2		
3		
4		
5		
6		
7		
8		

- Now you have a long list of behaviours and values, pick 4 (ish) that you feel strongly about,
  note them down below and describe what they mean to you:

VALUE 1 *What it means to me*	VALUE 2 *What it means to me*	VALUE 3 *What it means to me*	VALUE 4 *What it means to me*

4. CROWDSOURCE

- Select 3–5 people who you trust and admire, and who know you well (choose people from different areas of your life to get a good range)
- Ask them to describe you when you're at your best and take notes here:

PERSON 1	PERSON 2	PERSON 3	PERSON 4	PERSON 5

- Now switch each behaviour into a value

	BEHAVIOUR *e.g. 'You're great at getting people working together'* *'I love it when you spot the opportunities'* *'You always seem to have just what we need at hand'*	SWITCHED TO VALUE *e.g. Collaborative* *Innovative* *Resourceful*
1		
2		
3		
4		
5		
6		
7		
8		

- As above: Now you have a long list of behaviours and values, pick 4 (ish) that you feel strongly about, note them down below and describe what they mean to you:

VALUE 1 *What it means to me*	VALUE 2 *What it means to me*	VALUE 3 *What it means to me*	VALUE 4 *What it means to me*