

E-GUIDE

A values
informed life

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In today's fast-paced and often overwhelming world, it's common to find ourselves questioning what truly matters. Am I fulfilled? What gives me a sense of purpose and belonging? How can I be true to myself while managing the expectations of others?

By getting clear on our values, we're able to shed light on these questions and understand ourselves better.

This reflection guide is designed to help you identify your core values and explore how they can shape your daily life. Consider writing your values on a post-it and placing it somewhere visible—like on your laptop. In the evening, take a moment to ask yourself, "How well did I live my values today? And which one will I focus on tomorrow?"

If you're wondering about what we mean by values, we like this definition:

"My values are my lifestyle priorities and preferences that express how I choose to live my life."

1 Pack your rocketship

Exciting news. A special rocket ship is landing outside your door very soon. You have been invited to go off and start a brave new world. There's plenty of oxygen, food, medical supplies and water on board. This is your time to pack your bag! Set your timer to 90 seconds and decide on 10 things you want to bring - they can be anything, there is no limit on size. Note: family would be 1 item, you don't have to list your loved ones individually.



2 Prioritizing

INCOMING NEWS! There is a technical problem with the big rocket so a smaller rocket has been sent. Now you can only take HALF of what you have on your lists. The rest will arrive later on another rocket. What are you taking off your list? Set another timer, now for 60 seconds. It's time to prioritize: write the 5 things you are taking with you below.

3 Discovering your values

Take a couple of minutes to reflect and write down what your items represent to you. This is an indicator of what your values are. For example, do you have books on your list? What do the books represent to you? It could be inspiration, imagination, security. The same item may represent different values to different people. Find a value for each of the things you have in your suitcase.



V = I x P

4 V=I x P

Values = Importance x Priority. What we value in life is what we ascribe importance to AND put into action. For example, if one of your values is HEALTH, you'd ask yourself: Is it important to you AND did you do something in the last 24 hrs to support your health. This is where it gets real. You might like to reflect on a time that it took courage to live one of your personal values.



5 Bringing your values to life

Your values are like a life's compass. They help you to live boldly, courageously and authentically. They allow you to reflect on life and look in the mirror. But it doesn't just happen. You need to live them every day. What actions will you take to bring them to life today,, next week, in 3 month?

A value equation

$$V = I \times P$$

What does the movie Mary Poppins teach us about $V = I \times P$?

Mr Banks and Mary Poppins both agreed family was important, but who made it a priority? Mr Banks was all about money, his image, his career, fitting in (being a good banker archetype) and gaining approval from his bosses. While Mary prioritized play over everything else, which for Mr Banks it was not even important. In his mind, children needed to learn to be serious (like Bankers). There was a clash.

But both Mary and Mr Banks valued discipline, and order, so he felt respected by Mary, and Mary understood Mr Banks. When Mr Banks finally woke up to his children's need for play, he began to "fly a kite". It saved the family. And finally he and Mary were aligned.

What conversations may you want to have with your family / friends / colleagues to define your common values more clearly?








Would you like to continue exploring how to live in alignment with your values?

Dive into our [resources](#), book a [20 minute discovery call](#), or join us for [Reboot](#), a 6-week immersive course to kickstart your next chapter of values based living.

At [The Zone](#) we have been clarifying and delivering values for individuals, leaders, teams and organisations around the world for over 25 years.

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