

# Simple Life Strategies

100% successful living

## Values workshop

“never let the things that matter to you  
most be at the mercy of those that do not”

To determine what you value the most in life, answer the  
questions below to help you identify your top three values.

Think about what patterns there are in your life? What clues  
can you see that point towards what you value the most in  
life?

List at least 3 items per question

1. What patterns can you see in your life that might  
indicate a value? Consider your past career choices and big  
life decisions.

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2. What do you do that no one else does? What is unique about you?

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3. What is important to you?

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4. What clues are there in your life history that point towards your values?

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5. If money was no object, and you could go on holiday tomorrow for 2 weeks, where would you go and why? What would you be doing?

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From the words you have written down above, start to pick out those which stand out to be the most important in your life. It's common for there to be a number of words that appear more than once. This indicates that they are important to you and are highly likely to be your values. Start by circling any words that appear more than once.

List the most popular words below. You may have between 5 and 10 words that appeal to you at first. If you have a few more or less then this that's OK.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

From the words above, it's now time to select your three core values.

Take your time when selecting your values. Let the words above sit with you for a couple of days and notice to see if they are relevant in your everyday life.

Now, using the hierarchy list below, put your values in order with 1 being the most important.

## Your Hierarchy of Values:

1st \_\_\_\_\_

2nd \_\_\_\_\_

3rd \_\_\_\_\_