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TRANSFORMATION COACH



Get to Know Your Values

A Guide to Understanding and Prioritising What Matters Most

Introduction

Values are the guiding principles that shape our behaviour, decisions, and interactions. They are the foundation of who we are and what we stand for. Understanding your values can help you make decisions that align with your true self, leading to a more fulfilling and authentic life.

Some examples of values are:

Authenticity
Creativity
Compassion
Courage

Dependability
Integrity
Kindness
Learning

Leadership
Respect
Responsibility
Trustworthiness

This tool will guide you through a step-by-step process to identify, prioritise, and apply your core values. Let's get started!

Identify your Values

Select 10 values that resonate with you. You may like to use the list above as a starting point or you could also try referring to lists such as [this list of values by Brene Brown](#) or [this list of career values compiled by Indeed](#).

When choosing values, you may like to consider the following reflection questions

1. Why is this value important to me?
2. How does this value show up in my daily life?
3. Can I recall a time when this value guided my decisions?
4. How do I feel when I am living in alignment with this value?

Prioritise Your Values

1. Compare a pair of values and choose the one that is more important to you.
2. Continue comparing pairs of values until you have ranked your values in priority order from most to least important. You can [watch this video for a demonstration](#) we prepared showing how to complete this activity.

Values in Action

Try the activities below to put values into the centre of your life.

Values in Decision Making

Consider a decision you need to make. How would each of your top values influence your choice?

Daily Reflection

Take a few minutes at the end of each day to reflect on how you lived according to your values. Write down specific examples.

Goal Setting

Set a goal that aligns with your top values. Outline the steps you will take to achieve this goal and how they reflect your values.

The Way Forward

Understanding and prioritising your values is a powerful step towards living an authentic and fulfilling life. Keep this guide handy and revisit it regularly to ensure you stay aligned with what matters most to you.

If you would like some support in this process or would like to know more about what a transformation coach can do for you, get in touch at matthayden.com.au .