

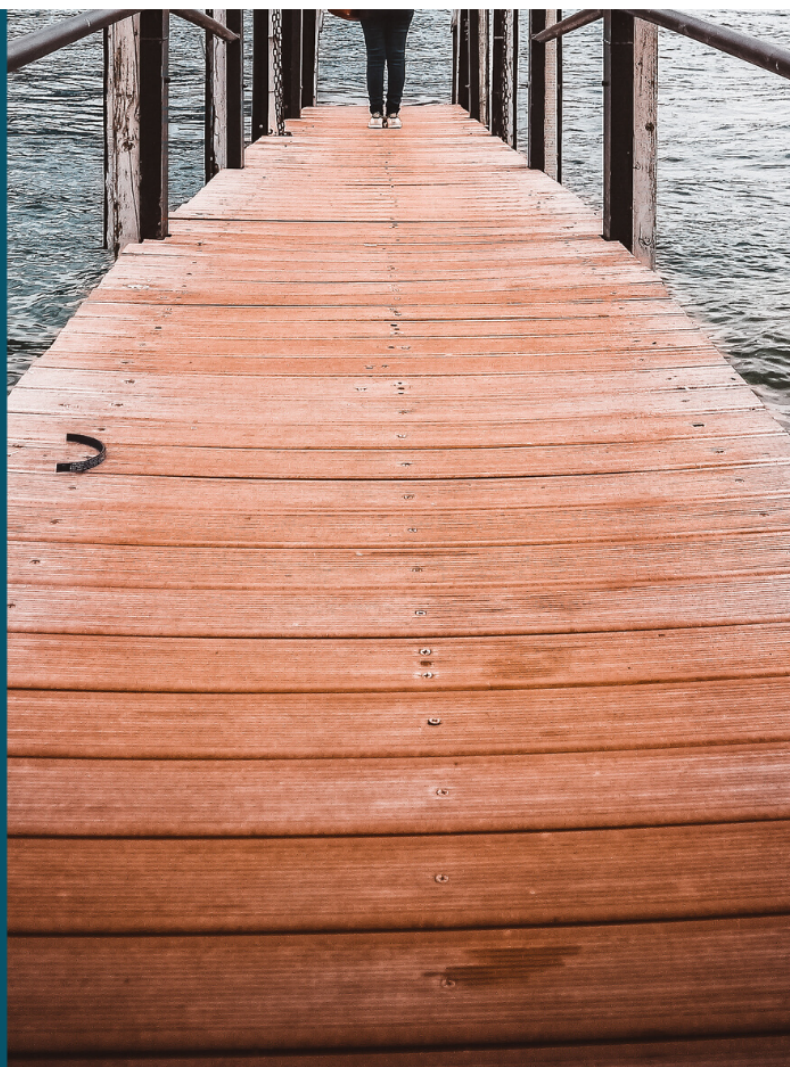
RLC GLOBAL & MIND YOUR SELF PUBLICATION

# CREATING & DEFINING PERSONAL VALUES

A personal workbook to discover, define and learn personal values and making them yours

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## WHY DO WE NEED VALUES?

At RLC, we would ask first instead- why don't you know/have values?

We live in a world that tells us why we should feel, think a certain way, what those thoughts and beliefs should be and how we should use them. This systemic way of living can negate our need to appreciate actual personal values and, in many cases, not even know what our values are as we just assume the ones "issued" to us.

The work we do at RLC focuses on the importance of being our best versions self; to be this, we start with understanding ourselves better, defining and creating your values as a great place to start.

## VALUE CREATION

Defining your values are and what they aren't. First, we have to be fully aware of what a personal matter is:

**PRINCIPLES OR STANDARDS OF BEHAVIOUR- ONE'S JUDGEMENT OF WHAT IS IMPORTANT IN LIFE.**

If we focus on Best Version Self, we have to be acutely aware of our values as they determine our behaviour, attitude, responses and reactions.

**"VALUES ARE LIKE FINGERPRINTS.  
NOBODIES ARE THE SAME, BUT YOU  
LEAVE THEM ALL OVER EVERYTHING YOU  
DO." ELVIS PRESLEY**

Our values are what creates a response in us. We discover values as we grow,

There is a paradigm that our values can't change; however, they can be influenced, with a thorough environment, social status, success or failure, and what we have to ensure that we are clear WHY our value is.

## VALUES ACTIVITY

- From this list choose three values
- List WHY they are important to you
- List an event, memory that relates to each value

We must explore the why and possibility around values.

### TOP TIP

<p><b>STEP ONE-</b>  <b>Find your three words</b>  <b>Question-what makes them your value words?</b></p>	<p><b>STEP TWO-</b>  <b>Link the word to an Actual Situation, Event, Memory</b>  <b>(Write it down)</b></p>	<p><b>STEP THREE-</b>  <b>Now review your value words and events - are you answering for self or others? Ideally how you would have liked to answer</b></p>
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*Follow the three-step, answering rule. Find the values for you.*

Choosing your value words is essential. There are many words a great way to get three words to keep coming back to the terms.

- Pick your first three - what words do you see first?
- Now go and do something else, come back after an hour or a day and see the three words, if you see another three words list them.
- You can do this as many times as possible that works for you
- With your list of words - check you can associate to an event, memory. If not, remove the word, it is only a value if you can associate with a real possibility.
- Reduce your list to a MAXIMUM of 3

- You should be able to recite your values easily without challenge

## CHOOSE YOUR VALUES

Acceptance	Fortitude	Concentration	Justice	Selfless	Equality	Transparency
Accomplishment	Freedom	Confidence	Kindness	Sensitivity	Ethical	Trust
Accountability	Friendship	Connection	Knowledge	Serenity	Excellence	Trustworthy
Accuracy	Fun	Consciousness	Lawful	Service	Experience	Truth
Achievement	Generosity	Consistency	Leadership	Sharing	Exploration	Understanding
Adaptability	Genius	Contentment	Learning	Significance	Expressive	Uniqueness
Alertness	Giving	Contribution	Liberty	Silence	Fairness	Unity
Altruism	Goodness	Control	Logic	Simplicity	Family	Valour
Ambition	Grace	Conviction	Love	Sincerity	Famous	Victory
Amusement	Gratitude	Cooperation	Loyalty	Skill	Fearless	Vigour
Assertiveness	Greatness	Courage	Mastery	Skillfulness	Feelings	Vision
Attentive	Growth	Courtesy	Maturity	Smart	Ferocious	Vitality
Awareness	Happiness	Creation	Meaning	Solitude	Fidelity	Wealth
Balance	Hard work	Creativity	Moderation	Spirit	Focus	Welcoming
Beauty	Harmony	Credibility	Motivation	Spirituality	Foresight	Winning
Boldness	Health	Curiosity	Openness	Spontaneous	Realistic	Wisdom
Bravery	Honesty	Decisive	Optimism	Stability	Reason	Wonder
Brilliance	Honour	Decisiveness	Order	Status	Recognition	Common sense
Calm	Hope	Dedication	Organization	Stewardship	Recreation	Communication
Candour	Humility	Dependability	Originality	Strength	Reflective	Community
Capable	Imagination	Determination	Passion	Structure	Respect	Compassion
Careful	Improvement	Development	Patience	Success	Responsibility	Competence
Certainty	Independence	Devotion	Peace	Support	Restraint	Intensity
Challenge	Individuality	Dignity	Performance	Surprise	Results-oriented	Intuitive
Charity	Innovation	Discipline	Persistence	Sustainability	Reverence	Irreverent
Cleanliness	Inquisitive	Discovery	Playfulness	Talent	Rigour	Joy
Clear	Insightful	Drive	Poise	Teamwork	Risk	Tranquillity
Clever	Inspiring	Effectiveness	Potential	Temperance	Satisfaction	Endurance
Comfort	Integrity	Efficiency	Power	Thankful	Security	Energy
Commitment	Intelligence	Empathy	Present	Thorough	Self-reliance	Enjoyment
Prosperity	Purpose	Empower	Productivity	Thoughtful	Traditional	Enthusiasm
Toughness	Quality	Tolerance	Professionalism	Timeliness	Status	

## DEFINE YOUR VALUES

**Once** you have chosen your three value words, it's time to define what each value is and isn't. This is a fun part of looking at your value words.

Complete the table. List the three values. Be very detailed on what it is and what it isn't. We have shared an example of kindness.

VALUE	WHAT THE VALUE IS	WHAT THE VALUE ISNT
Example - KINDNESS	In any situation being kind <b>FIRST</b> , be warm and open. Listen without bias or agenda; be aware of my internal noise and chatter. Allow my discomfort and uncomfortableness I may feel in the first instance.	My kindness is not avoiding a situation. Blindness to think I am protecting without questioning—rude or abrasive answers. Doesn't stop me being assertive and sure my view or disrespectful of difference.

## HOW TO APPLY EVERYDAY

So, you've done the work, created your values, and now it's about living them- every day. Making decisions, thought processing, considering choices, your value set can answer all.

- Does it fit my core values? If not, why not?
- How does this make me feel about my values?
- Why am I going with or against my values?

### TOP TIP

We have three values as we forget quickly, and we can fall back into systemic beliefs. You may have 20 values are you going to remember them 3 CORE VALUES will guide you, help you create certainty and be real. Happily, extend your list as understanding yourself better, yet focus on three core values and you will always feel you are living to your Best Version Self.