

THRIVING WEEKLY COACHING GUIDE

Discovering Your Core Values

MINDSET MATTERS

WITH DR GEMMA LEIGH ROBERTS

Being guided by your values in life results in a sense of meaning, which positively impact wellbeing. The opposite can also occur. If you've ever been in a situation that you have created and intensely negative response for you - where it just doesn't feel right - the chances are the environment that reflects the opposite of your values.

Here are some steps to help you gain clarity on what your values are. You can use the template on the next page to guide you through this reflection exercise.

Step 1: Reflect on when you have been at your happiest

You can examine examples from all areas of your life, whether that be personal or professional. Reflect on what you were doing, who you were with, and what factors contributed to your happiness.

Step 2: Identify the times you've been the proudest

This could involve pride regarding your own achievements, or pride relating to others. Why were you so proud? Were you proud of others? What were they doing? What other factors contributed to your pride?

Step 3: Identify when you have performed at your best

What was the situation? What was it about your performance that made you feel at your best?

Step 4: Identify when you've felt most fulfilled or satisfied

What need or desire was fulfilled for you? How was the experience meaningful for you? What factors contributed to feelings of fulfilment?

Step 5: Determine your top values

Reflect on your answers to the previous questions and look for patterns or repetition. Start to identify words that could describe what you value.

Step 5: Address anti-values

Think about a type of situation that have made you angry, frustrated, or upset more than once. Reflect on what it was these events that caused these feelings for you, and use this question to identify anti-values, which are the opposite to your values and things you want to try to avoid in life.

You can use awareness of your values and anti-values to make important decisions in life, such as how to use your time, who to spend your time with and how you set boundaries. By doing this, you're more likely to be satisfied and happy with your choices over the long term, which will have a positive impact on your wellbeing.

When I've been at my happiest	Situations that have made me proud
When I've performed at my best	Situations I've felt satisfied and fulfilled
Reflections on what I've identified about my core values	