

Dr Gemma Leigh Roberts

DISCOVERING YOUR VALUES

**STEP-BY-STEP
COACHING GUIDE**

Being guided by your values in life creates a sense of meaning, which positively impacts wellbeing. The opposite can also occur. If you've ever been in a situation that creates an intensely negative response for you - where it just doesn't feel right - the chances are the environment 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, personal or professional. Reflect on your actions, 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 of yourself? If you were 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 in life.

Step 6: Address anti-values

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

Awareness of your values and anti-values can help you make important decisions in life, such as how to use your time, who to spend it 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 positively impact your wellbeing.

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