

# *Living by your values*

This exercise will prompt you to think about your most important values, to assess how much you are living by them and then to identify some actions that you could take to live more in accordance with your values.

When considering your scores you could ask yourself:

- In what situations does this value show-up in my life? How exactly does it show up?
- What additional actions could I take that relate to this value?
- How do I want to behave in relation to this value? When do I not act in accordance with this value? What could I do differently?

If you are currently making decisions about your career, business or any other situation in your life, consider which of the options best align with your core values. This can help you make a choice that reflects who you are and how you really want to live your life.

**MY TOP 5 VALUES  
(WHAT IS MOST  
IMPORTANT TO ME? E.G.  
AUTONOMY, SECURITY,  
EDUCATION, RESPECT,  
EXCITEMENT, ETC.)**

**RATE OUT OF 10 HOW  
MUCH YOU CURRENTLY  
LIVE IN ACCORDANCE  
WITH THIS VALUE (0 = NOT  
AT ALL, 10 = COMPLETELY  
IN ACCORDANCE)**

**WHAT CAN YOU DO TO  
INCREASE YOUR SCORE?  
(IF YOU SCORED 6/10  
WHAT STEPS COULD YOU  
TAKE TO MAKE THAT A  
7/10?)**

1.

2.

3.

4.

5.

1.

2.

3.

4.

5.

1.

2.

3.

4.

5.