

Exercise One - Identifying Your Values

What is important to you?

When we express what we value in all the parts of our lives, we feel more fulfilled.

Understanding what you value will help you get clear on your *Why* which in turn will provide fuel for your motivation.

Below is a list of values. Highlight the ten that feel most important to you. Then through pitting one against the other and asking, *of these two, which is the most important?* **Whittle that list down to the five values that are most important to you.**

If you are unsure which to pick, ask yourself:

What is important to me? When you've identified that, ask yourself: *Why?*

For example: *What is important to you?* Hiking in the hills every weekend.

Why? For the freedom it allows me to feel.

Sample values:

Accomplishment	Enthusiasm	Participation
Accuracy	Environment	Partnership
Acknowledgement	Excellence	Passion
Adventure	Focus	Patience
Authenticity	Freedom	Peace
Beauty	Friendship	Productivity
Calm	Fun	Recognition
Collaboration	Generosity	Respect
Community	Gentleness	Romance
Compassion	Growth	Self-Esteem
Comradship	Happiness	Service
Confidence	Harmony	Simplicity
Connectedness	Health	Spirituality
Contentment	Helpfulness	Spontaneity
Contribution	Honesty	Strength
Cooperation	Humour	Tact
Courage	Idealism	Thankfulness
Creativity	Independence	Tolerance
Curiosity	Integrity	Tradition
Determination	Joy	Trust
Directness	Kindness	Understanding
Discovery	Learning	Unity
Ease	Love	Vitality
Effortlessness	Loyalty	
Empowerment	Orderliness	

Exercise Two - Applying These Values To Your Life

To help gain clarity, we can divide our lives into eight sections:

1. Work
2. Health
3. Relationships
4. Wealth
5. Lifestyle
6. State of Mind
7. Passions
8. Where you live

Take each of these areas in turn and **contemplate it in conjunction with the five values you highlighted as most important to you in exercise one.**

Which of these values are you expressing in this area? How does that feel?

Which are you not expressing? How does that feel?

What could you drop/adopt to enable you to fully express your values in this area of your life?

Exercise Three - Envisioning Without Limits

In order to clarify your *Why*, it's necessary to **envision how you would like your life to be.**

Using the insight you've gained, **take the eight areas of your life as listed in exercise two and imagine how, in a perfect world, you would like it to be.**

This world is perfect; it is not limited by your inner critic, by what has come before in your life, by your current experience, by what everyone tells you is possible. Work on **leaving doubts, restrictions and limitations behind** and transporting yourself to a perfect place - without shoulds, can'ts and buts.

Once you have really fleshed this life out, **take the time to imagine it.** Feel, see, smell and taste yourself in it; imagine yourself really there. This will help make it real and commit you to believing its possible.

Concluding thoughts

The vision you create in exercise three needs to be one that gets you excited; that makes you shout "Yes!"; that is a life you would love to live. **Once you are that clear and that excited about it, it becomes your *Why* - the reason that you hold in your heart and head that allows you, with the support of those around you, to stay focused and do hard things.**