



*Relax | Recharge | Reflect*

DISCOVER YOUR VALUES  
TODAY & ALIGN WITH  
YOUR BEST SELF

[www.thewellnesslounge.ie](http://www.thewellnesslounge.ie)

DISCOVER YOUR VALUES  
with



## *Reclaim Your Wellbeing, Today!*

Live Authentically by discovering & aligning with your values

Values are those elements of your life which you find personally important. They are **core beliefs** which guide you on how to conduct your life in a way that is meaningful and satisfying for you.

Values are the things against which you measure your choices, whether consciously or not. **You use them to rationalise your behaviour to yourself and others**, and they determine your level of satisfaction with your choices, even if decisions are not freely made but constrained by other factors.

When you clarify your values, you learn more about what makes you tick, what's important to you and what's not. Honoring your values is inherently fulfilling even when it is hard and you may find there are times when you must suffer discomfort to live according to your values. When a value is not honored, you may feel an internal tension or dissonance.

*"You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful." **Annie Lennox***

# Relax / Recharge / Reflect

## Self-Awareness Exercise

Answer the following questions in your journal

1. What is important to you in life?
2. Why is it important to you?
3. What does that give you?
4. What does it generate in your life for you/for others?
5. What really annoys you?
6. Why does it bother you?
7. What behaviour do you find difficult to tolerate?
8. What would you prefer instead?

From the list below, choose 10 values that resonate with you. The list is not exhaustive so feel free to add something that is not listed below

- |                    |                  |                     |
|--------------------|------------------|---------------------|
| 1. Accomplishment  | 34. Focus        | 67. Presence        |
| 2. Accuracy        | 35. Forgiveness  | 68. Productivity    |
| 3. Acknowledgement | 36. Freedom      | 69. Recognition     |
| 4. Adventure       | 37. Friendship   | 70. Respect         |
| 5. Authenticity    | 38. Fun          | 71. Resourcefulness |
| 6. Balance         | 39. Generosity   | 72. Romance         |
| 7. Beauty          | 40. Gentleness   | 73. Safety          |
| 8. Boldness        | 41. Growth       | 74. Self-Esteem     |
| 9. Calm            | 42. Happiness    | 75. Service         |
| 10. Challenge      | 43. Harmony      | 76. Simplicity      |
| 11. Collaboration  | 44. Health       | 77. Spaciousness    |
| 12. Community      | 45. Helpfulness  | 78. Spirituality    |
| 13. Compassion     | 46. Honesty      | 79. Spontaneity     |
| 14. Comradeship    | 47. Honour       | 80. Strength        |
| 15. Confidence     | 48. Humour       | 81. Tact            |
| 16. Connectedness  | 49. Idealism     | 82. Thankfulness    |
| 17. Contentment    | 50. Independence | 83. Tolerance       |
| 18. Contribution   | 51. Innovation   | 84. Tradition       |

- |                    |                   |                   |
|--------------------|-------------------|-------------------|
| 19. Cooperation    | 52. Integrity     | 85. Trust         |
| 20. Courage        | 53. Intuition     | 86. Understanding |
| 21. Creativity     | 54. Joy           | 87. Unity         |
| 22. Curiosity      | 55. Kindness      | 88. Vitality      |
| 23. Determination  | 56. Learning      | 89. Wisdom        |
| 24. Directness     | 57. Listening     | 90. _____         |
| 25. Discovery      | 58. Love          |                   |
| 26. Ease           | 59. Loyalty       |                   |
| 27. Effortlessness | 60. Optimism      |                   |
| 28. Empowerment    | 61. Orderliness   |                   |
| 29. Enthusiasm     | 62. Participation |                   |
| 30. Environment    | 63. Partnership   |                   |
| 31. Excellence     | 64. Passion       |                   |
| 32. Fairness       | 65. Patience      |                   |
| 33. Flexibility    | 66. Peace         |                   |

**Remember:** When it comes to our Values, there is no right or wrong - only who WE are!

**If you have a value that is not on the list, don't worry, just add it**

Next, finish these sentences....

**Because of my values, my life is more.....**

**Without these values, I am / would be missing**

Final part.....

**Now put your 10 values in priority of 1 to 10, 1 being the most important and so on.**

**If you wish to learn more book in for a free 30 min consultation and start to live the life you were always meant to.**