



Values

Your values are emotional states that are important to you. They are ends versus means. Means are things like money, possessions, and degrees. These are all *means* to the *end state* of the value (love, achievement, connection, learning, making a difference, success...).

You also have values that you desire and want to move towards (I call these **Towards Values** – love, security, growing, adventure...), and things you want to avoid (I call these **Away From States** – loneliness, betrayed, stagnation, lack of freedom, unworthy, selfishness....).

To help you come up with your **Towards Values**, use these questions as prompts:

- What is the best compliment someone can give you?
- What are your most cherished memories? What stands out about them?
- When do you feel most alive?
- What would you do even if you were told you couldn't?
- What role models, mentors, or teachers made an impression on you? What about them do you admire?
- What hobbies do you have? What do those say about your values?
- When you have a great day, what made it great?

Come up with a list of your top values

Towards Values



Away from States

To help you come up with your *Away from States*, use these questions as prompts:

- What is the worst criticism you can receive?
- What are your biggest regrets? What stands out about them?
- When do you feel most down? What makes you feel that way?
- Who are the worst leaders / teachers / coaches you had? What about them didn't you like?
- What would you do almost anything to avoid?
- When you have a lousy day, what made it lousy?

Come up with a list of your top *Away from States*:



Values Hierarchy

Now that you know your top values and states you want to avoid, narrow it down to the top 5, and do your best to put them in order of priority:

Toward Values	Away from States
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Rules

Much of what we do and how we act is governed by RULES. Rules are often inherited through our family of origin's practices, beliefs and norms. Rules can also be inherited from the culture you grew up in or the culture in which you reside. The potential issue with rules is that we often follow them unconsciously. We adopt them unchallenged. Worse, we then project these rules onto others, assuming that everyone has these same rules: "Hey, if they work for me then they must automatically be right for everyone else." Instead, let's seek to understand what our rules are, perhaps even the origin of our rules, and think through them objectively. From there you can decide whether these rules make sense as is, or you can alter them as needed.

For each of your Values, figure out your RULES which define how you experience that value. The questions to ask are:

What has to happen in order for you to feel _____?

Example: What has to happen in order for you to feel that you are making a difference?

or,

How do you know when you have _____?

Example: How do you know when you have made a difference?

And / or



How often do you need to experience _____ in order to feel _____?

Example: How often do you need to hear from others that you made a difference to feel it?

Write down your Rules for your Towards Values:

Toward Values	Rules
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

On the flip side, what has to happen for you to experience your Away from States? Write out your Rules below.

Away from States	Rules
1.	1.
2.	2.
3.	3.
4.	4.



Internal versus External support

Make particular note of whether other people need to do things for you to feel an emotional value, or whether you control that. Ideally you would want to feel any emotion at any time, regardless of whether the outside world supports you, and experience an away from state if you truly went against your morals or expectations.