

JAY WILLIAMS COACHING

DISCOVERING YOUR VALUES WORKSHEET

This worksheet is specifically design to help you uncover your deep unconscious values, the things that are important to you in your work. This is going to give you a deeper understanding of yourself and it's going to be powerful insight that will shape the decisions you made that lead to increased performance, higher levels of energy and increased fulfillment.

Important: You may have a tendency to overanalyse this. It's important you TRUST YOUR UNCONSCIOUS MIND and go with the first answers that come up because they will be the right ones.

Part 1: Uncovering your values brain dump

In a minute I'm going to ask you What is important to you in your work? What will happen is you will get a thought pop in your head example '**Freedom**' '**Fulfillment**' '**Excitement**'. You're going to write these answers down on a piece of paper and you may find you have 5-12 answers which are examples of values (See Page 3 for a list of example values)

This is called a conscious brain dump, you are basically dumping what's in your RAM Memory. Then You are going to repeat the process another 2x and by the end of it you'll have 10-30 words on a sheet, if you have more or less it's not the end of the world as long as you have 9. These are emotional states that are important to you in your work (Values)

Let's do it.

As you think about your work ask yourself

1. What is important to you in your work?

Answer 1:

Answer 2:

Answer 3:

Answer 4:

Answer 5:

Answer 6:

Answer 7:

Answer 8:

Answer 9:

2. What is important to you in your work?

Answer 1:

Answer 2:

Answer 3:

Answer 4:

Answer 5:

Answer 6:

Answer 7:

Answer 8:

Answer 9:

3. What is important to you in your work?

Answer 1:

Answer 2:

Answer 3:

Answer 4:

Answer 5:

Answer 6:

Answer 7:

Answer 8:

Answer 9:

Part 2: Which one's are MOST Important

Now, looking at all the values you have written down (The amount is irrelevant) ask yourself.

1. If I could have any of these things in my work, which 7 would be most important to me for me to feel fulfilled?

Answer 1:

Answer 2:

Answer 3:

Answer 4:

Answer 5:

Answer 6:

Answer 7:

Part 3: Ordering Your Values

Values don't tend to change in life, but the priority and the order of importance to us do.

Reviewing all 7 values, now put them in the order of important from 1-7. The most important to you at #1 and the least important at #7.

Most Important Value 1:

Answer 2:

Answer 3:

Answer 4:

Answer 5:

Answer 6:

Least Important Value 7 :

As a confirmation check, I want you to reflect on all the decisions you've made in your life around your work and your business. Think about the times you felt most lit up and fulfilled, times where you were just energised.

Notice if at those times you were making decisions or doing things that led to great levels of your top 3 values, this is what we call our 'sweet spot'. If you have made aligned choices you will notice a pattern of doing things aligned with your values.

If you haven't followed what you wanted and maybe did what others wanted for you, what others told you was right you may find a misalignment. This can look like many things, conflict, procrastination, lack of fulfillment, stress, low energy, low motivation, being unproductive, avoiding the tasks you know you need to do and focusing on others.

Regardless of the decisions you made, there will be a pattern. This is the pattern created by these deep unconscious drivers that are running your life.

Now While this exercise is simple and can be used as a starters guide, it is open to interpretation and error just because of the nature of doing it on your own. In a normal session I would have spent 1-2 hours drilling you on your values to make sure they are aligned and your truth.

While I thoroughly enjoyed this process, it was time consuming and still open to error. So I went searching for an alternative solution and that's when I came across MOTIVATIONAL MAPS a powerful tool with 99% accuracy which can give you a detailed breakdown of your motivators (in less than 10-15 mins). These maps don't only

give you accurate information on your motivators, we will be able to measure how fulfilled you are in your life and where there may be both conflict and opportunities for us to explore and grow from. Unlocking these insights will give you the tools to create greater levels of performance, passion and profit in your business.

[To complete your motivational Map today, Click Here to find out more.](#)

If you want to connect with me or find out more about my work visit, jaywilliamscoaching.com or connect with me on [LinkedIn](#), [Facebook](#) or [YouTube Here](#).

Thanks

Jay Williams

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