

Values

We believe that fulfilment is reached in many different ways, like for example reaching a goal or achieving a dream that you have. However sometimes these things can feel far away and almost become demoralising or like we are a failure if we don't reach success. Living our life every day in line with our own values however is a way of having daily fulfilment. Values are positive human qualities and they are unique for each individual. For example, 'Freedom' may be a value meaning adventure and experiences for one person and financial independence for another. Neither is right or wrong, they are just personal choices.

We know when we are living our values because we feel resonance and it feels good. In the same token we know when we are not living our values because we come into conflict, frustration, anger or defence.

In the list below we invite you to rate your top values. A tip for getting to know your values- think about things that are important to you, what makes you happy, excited, angry and or upset? When you feel content it is often when you are honouring your values and when you are feeling a disconnect of any sort it is because one of your values is not been honoured.

Value

Rate from high -low how you are honouring
your values in your daily life.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.