

# VALUES EXERCISE

When we talk GOALS – We identify what we want  
When we talk VALUES – We identify why we want them!

## 16 EMOTIONAL VALUES

Family Happiness

Adventure & Challenges

Security & Order

Love & Relationships

Health

Religion & Spirituality

Freedom & Independence

Approval & Acceptance

Morality & Integrity

Pleasure & Fun

Achievement & Accomplishment

Power

Self Development

Status & Recognition

Income & Wealth

Contribution

Listed above are **16 emotional values** that psychologists list amongst the most dominant ideals we possess as humans. The task is for you to discover **the one** that is your personal dominant value, (PDV).

Action: Print out the above list and rank them in order of what you believe are your top 5, middle 6 and bottom 5 values.....remember this is your own rating.....not what others may want you to think! Do this task before reading on!

Take your top 5 and begin the following process.....

1. Imagine we are on a plane and somewhere over the Pacific Ocean the aircraft suddenly loses power. The Pilot comes on the PA to announce that all passengers and crew need to 'assume the brace position'.....which of the top 5 Values are you prepared to give up to ensure that the plane levels out and continues on the flight path and lands safely.....?
2. Your doctor calls you to have a face to face meeting with you regarding some tests that were run on you last week.... which of the remaining top 4 Values are you prepared to give up to ensure that the test results are benign.....?
3. Picture dining at the top of a tall building and as you cast your eye out at the view, a plane appears to be on a collision course..... which of the remaining top 3 Values are you prepared to give up to ensure that the plane corrects its course.....?
4. See yourself driving at night time along a long country road and fast approaching are a set of headlights connected to an 'on coming' semi trailer that is hurtling out of control..... which of the top 2 remaining Values are you prepared to give up to ensure that the truck continues on the right side of the road.....?

What you have identified with this exercise is your #1 Value.....the one thing that you 'value' in the game of life! The most important thing in life is to .....**know the most important thing**. If you are in to goal setting, you will never gain total fulfilment unless this #1 value shows up in your goals. When you know what you value, decisions are easy to make.

At Insight P.D.'s Coaching Club™ we spend a whole day on establishing your life's values and using your PDV to design your life plan and personal mission statement! To find out more log on to [insightpd.com.au](http://insightpd.com.au) and access the "Coaching" section.

Here's to your continued success.

