



LIVING MY VALUES EVERYDAY

the zone®

[www.thezone.co](http://www.thezone.co)

# Personal Values

My values are my lifestyle, priorities, and preferences. They express how I choose to live my life.

Values portray to others our personal beliefs. They are the indicated desirability of something; it's worth, merit, or importance.

The root of the word values is **valor** - meaning **strength**. By being aware of and working with our values, we gain personal strength.

Valuing something means that it is important to you AND you make it a priority. That means you put it into ACTION.

This is why we use the equation:

$$\text{V} = \text{I} \times \text{P}$$

VALUE                  IMPORTANCE                  PRIORITY



We struggle in life when we value something but don't make it a priority.

We have two tools to help you:

With the Values Priority Check exercise you can explore how well you are living your priority values in your life.

With the My Journey exercise you can understand what are the specific actions you need to take in order to start living your values everyday.

# Values Priority Check

My Top 5 Values	How well am I living this value? Rate on a scale of 0-100%	What is preventing me from living this value completely?	How do I feel? 
Example: <i>Health</i>	50%	<i>I don't have time to exercise.</i>	

# My Journey

<b>My Top 5 Values</b>	<b>My Compelling Goal</b> If I was fully living this value, what would I experience?	<b>My Current Reality</b> What is happening now?	<b>Specific Actions</b> What action will I take to achieve my compelling goal? (today, this week, this month, this year)
Example: <i>Health</i>	<i>I'd feel great and energised. I'd be fitter.</i>	<i>I'm too busy and don't have the time to exercise. I'm not feeling good about it.</i>	<i>Today: 10min stretch. This week: join the gym. This month: go to the gym 2x / week.</i>

## Learnings and Insights



1. How did it feel to commit to some concrete immediate actions aligned with your values?
2. What did you learn?
3. Any insights you would like to share?

# The Zone

The place where happiness and high performance co-exist.

For over 17 years in 28 countries we've been leveraging culture and strategy to help get organisations into the zone.

An organisation in the zone unlocks the potential of its people to collaborate and innovate. It creates a platform to deliver amazing results.

Everything we do is geared to helping with these simple yet highly challenging tasks.

## Get in touch with us!

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