

Personal Values work – (PV)

Select a partner to do this exercise with.

Decide who goes first.

Start on a clean sheet of paper, which can be given to your partner after the exercise.

Start by asking these 3 questions:

1. **Partner 1 says:** I drop you on to a deserted island, all your basic needs are handled, food, water, shelter and safety.
 - a. What 3 things will you bring with you?
 - i. All your family can be one thing; all your books can be one thing.
 - b. **Partner 1** lists the 3 things – and listens for values.
 - c. **Partner 1** lists the values you hear.
 - i. For example: when **Partner 2** says I will bring my daughter – the value might be love and family, list both as values.
2. **Partner 1 says:** What really pisses you off?
 - a. List the values that show up when **Partner 2** answers the questions.
3. **Partner 1 says:** Tell me about a memorable event that happened in your life that added depth or value to your life, and why.
 - a. **Partner 1** lists the values that show up when **Partner 2** tells the story.
4. **Partner 1** reviews the list of values with **Partner 2** and gives them the list.
5. Switch roles.
6. Now each Partner should have a list of 10 – 15 values that they heard when they asked the 3 questions.
7. Each Partner takes their values and reviews them and adds any values that are missing from the list.
8. Each Partner selects by circling 4 or 5 values from their list.
9. Each Partner rates each of their own values – Ask yourself ‘How well am I living each value?’
 - a. Rate each value using a 1 (not so good) to 5 (living this value everyday)
 - b. Pick the lowest rated value.
 - c. Make a commitment to do one thing that will increase the rating of the lowest rated value.
10. Review at the end of the month and see how you did.

Personal Values work is shared by **Wendy Watkins CPCC, PCC, MSU, VP of People Development, Business Strategist.**