

Identifying Your Values and Needs

Some people are very clear on what their values are, while many are unsure or haven't actually thought about themselves in this way. Wherever you are with this, this is a great exercise to do. Remember, your values may change over time, so even if you have done something similar in the past, it will be well worth going through this exercise. As with all of the exercises in this workbook, I highly recommend that you use tapping, either on your finger points, or whichever seem appropriate while carrying out these tasks:

1. Take the enclosed list of values and go through it, circling each word which resonates with you. At this stage, circle as many as you like.
2. Now go through the words that you have circled and decide which are the most important ten for you. You may have words which have very similar meanings, in which case, you might want to discard one of them to make room for a different value. You are **ONLY** allowed 10 and remember, just because a value doesn't make it into your list, doesn't mean you don't have that value, it's just not in your top 10.

3. OK – now it's time to really find out which values are of the highest importance to you. Taking each value in turn, make a **FORCED CHOICE** between it and all the other values in your list. This means that if you were only allowed to ever have this value, or the other one, for the rest of your life, which would you choose. Keep doing this with all of the words until you have your order of top ten values.

4. Now take the top 6 values. Rate each one on a scale of 0-10 for how much of the emotional state embodying that value you actually have in your life. Be really honest here.

If you have a high score, you may be living that value. If your score is low or non-existent, then you have actually identified a need.

5. Make an assessment of how well your values are fulfilled by the life that you are currently living. If some or all of your highest values are being fulfilled, then that is a positive sign. However, if you are currently unsatisfied with the work you are doing or other aspects of life, it is likely that most of your values will not be fulfilled by it. For example, my highest value is Freedom. Therefore, my previous role in a highly regulated environment with strict structures in place was emotionally toxic to me. In fact, it didn't fulfil my other high values of love, fun, adventure and truth. Fortunately, I had plenty of those elements covered in my life outside of work.

6. **TAPPING EXERCISE** – OK, so you may have some values that are quite well covered in your life and others that aren't so much. Now it's time to discharge any negative emotional aspects that are

uncovered as a result of this using tapping. This is an ongoing process and you will want to keep working on this. Clearing the emotional blocks around values can be some of the most rewarding work you will ever do with tapping.

- Taking each value in turn, say the value out loud a few times and notice any feelings that come up. Where are they in your body, what is the physical sensation, what emotion is it, if it had a colour what would it be and give it an intensity score from 0-10.
- If the intensity is 5 or higher, use the information to carry out a tapping round and then check back in with the feeling. Repeat this until the intensity has dropped below 5 out of 10.
- Once the intensity is below 5, while tapping on your hand points, close your eyes and really tune into the feeling. See if you can get a sense of a time, or times earlier in your life that you felt this feeling. Give each memory a name and write it down. You can now use the movie technique to work on each memory, until you no longer feel any emotional attachment to it.
- For each memory or series of memories related to a value, see if you can identify any beliefs that you formed as a result of the events and, check whether those beliefs still ring true in your life

This will be ongoing work that you can continue in order to become detached from emotional responses that are keeping you stuck where you are and this will naturally enable you to create more inspiring and valuable beliefs that will empower you to move forwards towards living your life of choice.

7. When you are developing your idea or ideas about the work you would like to do, you can test the ideas against how well they will fulfil your values. For this, follow the FUTURE VALUES VISUALISATION audio recording included in this package.

REMEMBER – this is not a “quick fix” and this ongoing work will be amazingly worthwhile for you over time. If you find that you are stuck in any way, I strongly recommend that you work with an experienced practitioner. I am available to offer sessions via online means with various packages available to participants in this program.