

every
woman

Knowing your why:
Defining your values
to live your best life



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ethics

respect

honesty

integrity

Values are your compass in life



They help us to grow and develop. They help us to create the future we want to experience.



Values help us get clear on our wants to make better decisions.



Values build your self respect because you don't compromise on your needs and priorities.



Values help us enjoy life.





“

“Values are like fingerprints. Nobody's are the same but you leave them all over everything you do.”

”

Elvis Presley

What influences your values?

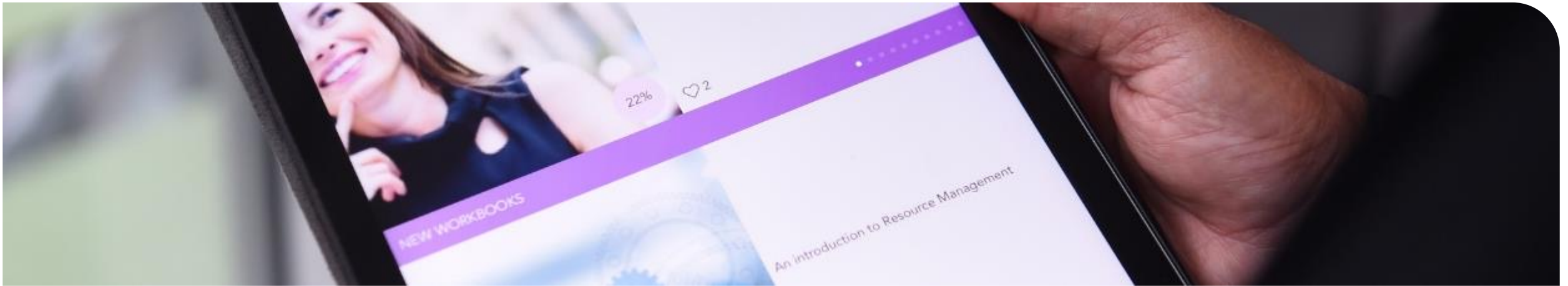
Your morals

Your life
experiences

Your beliefs

Your
childhood
influences

Cultural /
religious
influences



Poll One

Do you feel that you are both equal?

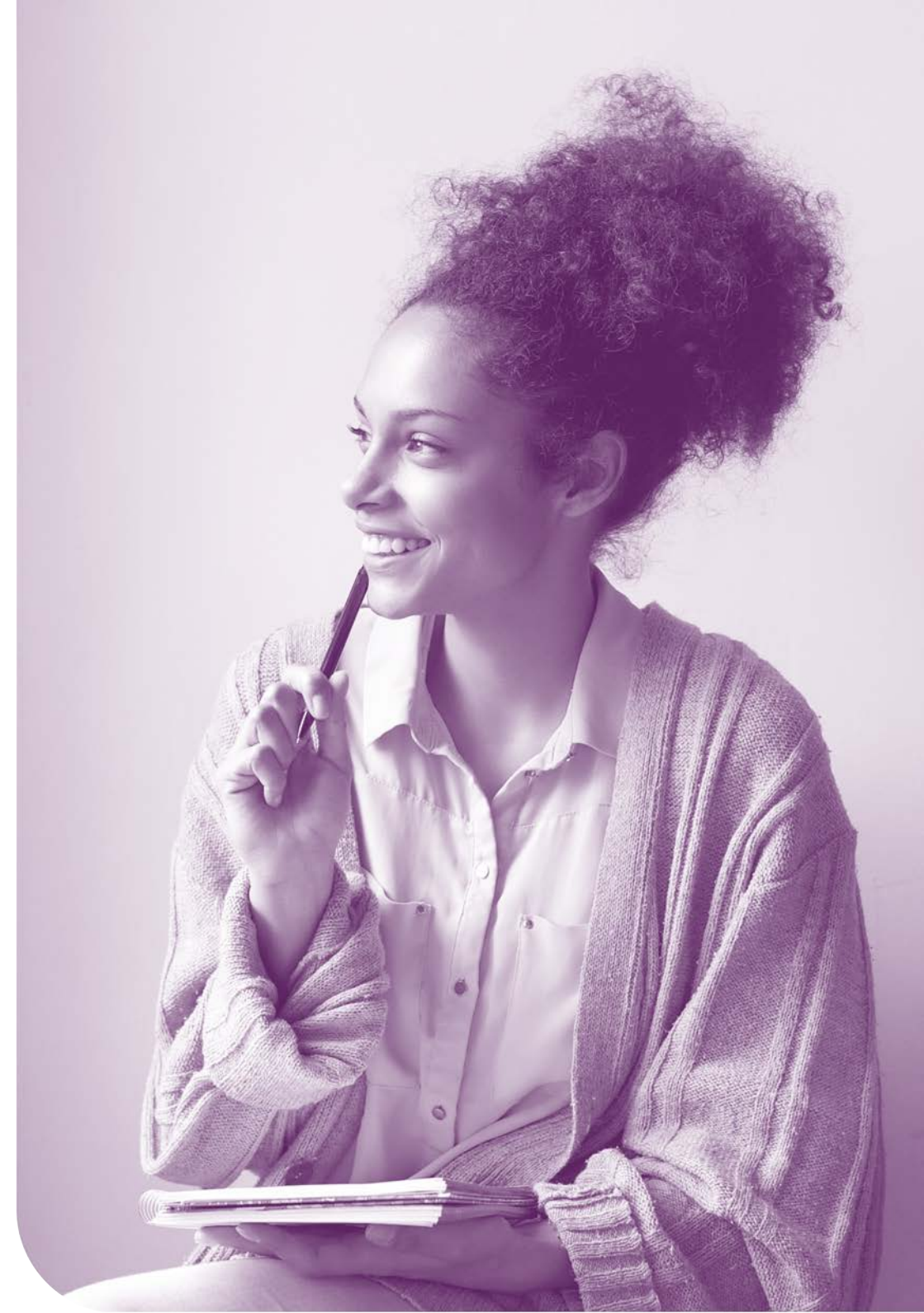
What do you think drives your values?

- A Your morals/beliefs.
- B Your life experiences.
- C Your childhood influences.
- D External/cultural influences.

Getting clear on your values

Ask yourself...

- What matters to me most?
- What do I live for?
- What drives me to get up every morning?
- What three accomplishments am I most proud of?
- What events have I learnt and grown from?





What are your most important values?

Think of a time when you've felt really positive about something, it could be in any part of your life, any positive emotion, happy, proud, joy, love etc.

Or think of a time when you've had a really negative experience - where you didn't feel happy, it didn't feel right.

Accuracy	Adaptability	Alertness	Altruism	Ambition	Amusement	Assertiveness
Attentive	Awareness	Balance	Beauty	Boldness	Bravery	Brilliance
Calm	Careful	Certainty	Cleanliness	Clear	Clever	Common-sense
Communication	Community	Concentration	Confidence	Connection	Consciousness	Consistency
Contribution	Control	Conviction	Co-operation	Courage	Courtesy	Curiosity
Decisive	Dedication	Devotion	Discipline	Economy	Energy	Enjoyment
Enthusiasm	Equality	Ethical	Experience	Family	Fairness	Fearless
Ferocious	Fidelity	Focus	Foresight	Fortitude	Friendship	Fun
Generosity	Genius	Giving	Goodness	Harmony	Health	Humility
Insightful	Intelligence	Justice	Knowledge	Lawful	Learning	Logic
Loyalty	Maturity	Meaning	Moderation	Openness	Order	Organisation
Persistence	Playfulness	Power	Presence	Realistic	Reason	Recreation
Reflective	Restraint	Security	Selfless	Self-reliance	Sensitivity	Service
Sharing	Silence	Simplicity	Smart	Solitude	Spirituality	Spontaneous
Stability	Stewardship	Strength	Structure	Support	Surprise	Sustainability
Teamwork	Temperance	Thorough	Thoughtful	Thoughtful	Timeliness	Tolerance
Toughness	Understanding	Unity	Vision	Vitality	Will	Wisdom

Reflect on where you are now

- Rank your values - choose the top 5.
- Rate each one on a scale of 1-10.
- Can you spot any gaps?
- How is this impacting your life at work or at home?



What brings you joy?

▶ ACTIVITY 1

 NURTURE

 NEGLECT

▶ ACTIVITY 2

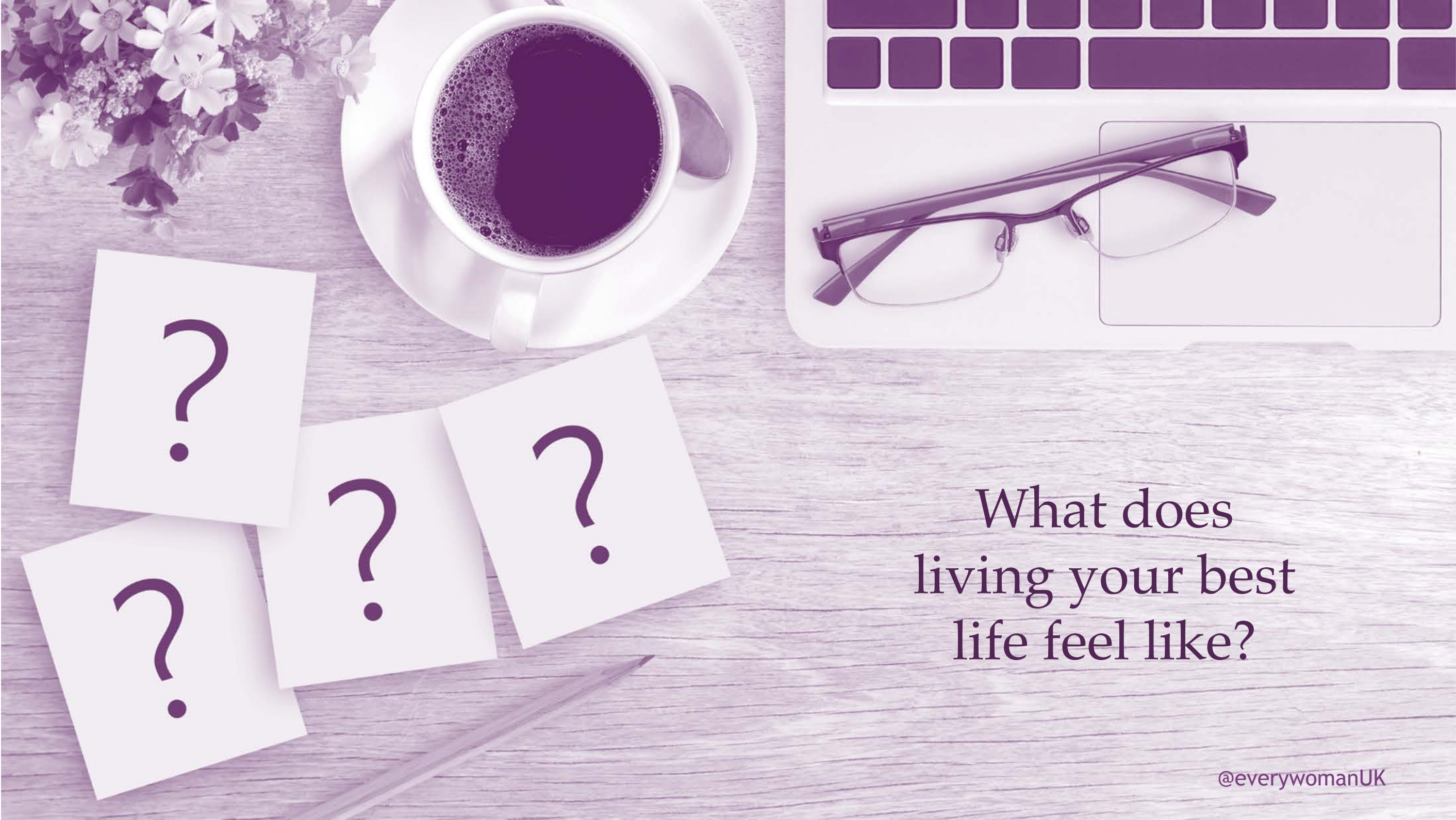
 NURTURE

 NEGLECT

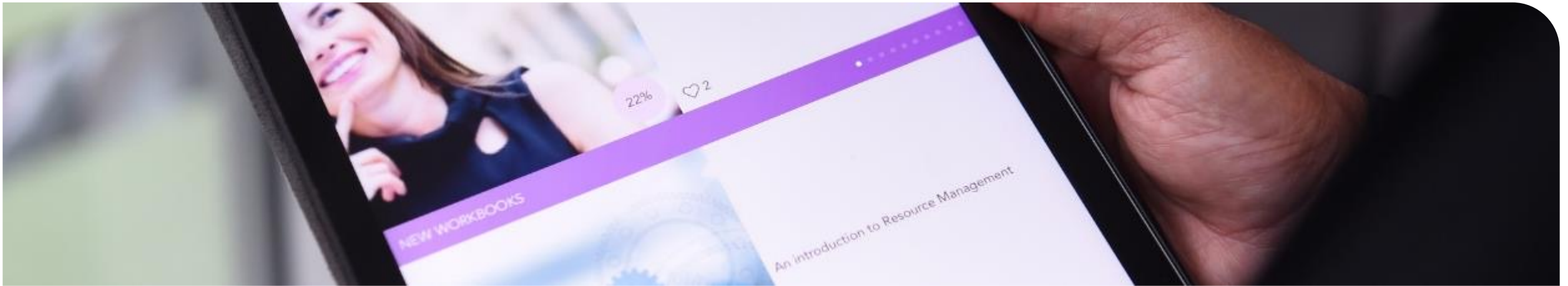
▶ ACTIVITY 3

 NURTURE

 NEGLECT



What does
living your best
life feel like?



Poll Two

Do you feel that you are both equal?

What difference would it make if you were connected to your values?

- A I'd feel happier.
- B I'd feel clearer on my life path.
- C I'd feel more in control.

Living your best life

Am I living in alignment with my core values?

What support do I need to make this happen?

How can my values help me have better boundaries?

How will I feel when I'm living in line with my values?

Tracking your values

Keep a track over a week how much your values show up in your day and how you feel at the end of the day.

Your choice if you do a smiley face, give it a number, a colour, whatever works for you!

VALUES

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7