

Invitation to Explore and Identify - What Matters to Me...

I'd like to invite you to explore, be curious, and understand what matters to you. The exercise takes time, therefore as you work through identifying what matters to you, be patient and give yourself permission to start/stop the exercise as you feel.

Identifying what we believe, what we think, and what we value has a tremendous impact on how we navigate the world around us. We repeat what we hear or experience from – parents, friends, partners, community, society, institutions, etc. – without taking the time to explore and identify what matters to us.

Said another way, we outsource and derive what matters to us from others or 3rd parties and operate on autopilot even though those values are not congruent with our true self. Commonly, our “gut” or “intuition”, provides feedback to those moments, yet they are commonly ignored.

As you cultivate what matters to you, i.e., my values, then you can apply those while navigating the world around in a more congruent way. Be open to noticing what resonates with you as you are out and about and engaging with others. When something triggers a physical response, notice it. Make a mental bookmark to wonder, does this have something to do with my values?

In addition, take the time to explore what matters to you independently. The following steps are an invitation to identify what matters to you.

Step 1

From the list below, or from elsewhere, choose and write down what resonates with you. Do not overthink the selection. As you read through the list, simply write down the words that resonate to you personally. If you think of a value, you possess that is not on the list, write it down.

Abundance	Collaboration	Fairness	Joy	Playfulness	Service
Acceptance	Community	Family	Kindness	Popularity	Simplicity
Accountability	Commitment	Flexibility	Knowledge	Power	Spirituality
Achievement	Compassion	Friendships	Leadership	Preparedness	Stability
Adventure	Consistency	Freedom	Learning	Proactivity	Success
Advocacy	Contribution	Fun	Love	Proactive	Teamwork
Ambition	Cooperation	Generosity	Loyalty	Professionalism	Thankfulness
Appreciation	Creativity	Grace	Making a	Punctuality	Thoughtfulness
Attractiveness	Credibility	Growth	Difference	Quality	Traditionalism
Autonomy	Curiosity	Happiness	Mindfulness	Recognition	Trustworthiness
Balance	Daring	Health	Motivation	Relationships	Understanding
Being the Best	Decisiveness	Honesty	Optimism	Reliability	Uniqueness
Benevolence	Dedication	Humility	Open-	Resilience	Usefulness
Boldness	Dependability	Humor	Mindedness	Resourcefulness	Versatility
Brilliance	Diversity	Inclusiveness	Originality	Responsibility	Vision
Calmness	Empathy	Independence	Passion	Responsiveness	Warmth
Caring	Encouragement	Individuality	Performance	Risk Taking	Wealth
Challenge	Enthusiasm	Innovation	Personal	Safety	Well-Being
Charity	Ethics	Inspiration	Development	Security	Wisdom
Cheerfulness	Excellence	Intelligence	Peace	Self-Control	Zeal
Cleverness	Expressiveness	Intuition	Perfection	Selflessness	

Invitation to Explore and Identify - What Matters to Me...

Step 2

Eventually, you will distill down the list of words that represent values and makes sense to you, personally. Create groupings, keep it simple, possibly start with 5-7 groups. If you have more than five groupings, trim the least important grouping(s).

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Well-Being	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness	Well-Being	Inspiration
Independence	Love			Joy
Flexibility	Impact Others			Optimism
Peace	Open Minded			
	Trusting			
	Relationships			

Step 3

As you group together the like words, identify one of the words as the label for that grouping. Again, do not overthink your labels – there are no right or wrong answers. As an example, the labels for each group have been highlighted in bold font.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Well-Being	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humor
Freedom	Kindness	Mindfulness		Inspiration
Independence	Love			Joy
Flexibility	Impact Others			Optimism
Peace	Open Minded			
	Trusting			
	Relationships			

Step 4

Take the label you've identified best represents the groupings and add a verb.

Live in **freedom**

Cultivate **compassion** for self and others

Lead with **thoughtfulness**

Promote **well-being**

Seek **joy**

Step 5

Post them somewhere you can see them. For example, write your values in your planner, in your phone, post them in the shower, on the refrigerator, make them available as an easy reference when you are faced with decisions to be what guides you through the process of navigating the world around you based on what matters to you.