



How To Get Clear On Your Guiding Values

The following questions are designed to help you reflect, so that you can uncover your own personal Guiding Values. Understanding these values will provide you with deeper self-awareness, allowing you to speak up with more confidence without needing to people-please or fit in with others' expectations.

Take your time with each question, and write as much or as little as you wish to.

What activities make me feel happy and uplifted? What is it about them that sparks this feeling?

What qualities or traits in others inspire or impress me most?

What behaviours in others tend to frustrate me? And what might that reveal about what matters to me?

What situations tend to make me feel anxious, and how might that point to what's important to me?

What activities or practices help me feel calm? What might that reveal about what I value most?

What is a major decision I've made in the past? What was the basis for that decision and does it still hold true for me today, or not? Why is this?

Marléne Rose Shaw ©

www.marleneroseshaw.com