

What do you value?

When we think of 'values', we tend to think in terms of morals, ethics, and principles.
Our rules for living.

That's one type of value.

We're looking at a different type in this exercise.

We're trying to uncover the **interests, activities, experiences and desires that motivate you.**

This worksheet invites you to examine how you currently allocate your resources of time, cognitive and emotional energy, and money.

Guidelines:

-  Answer the set of questions below.
-  Write down anything / everything that comes to mind.
-  Be curious about your experience.
-  Write what you **actually** do - not what you'd like to do differently.
-  Nobody is going to look at this but you.
-  Get as specific & granular as you can.
 - I.e. if you spend your time thinking about 'work' - what aspect of work? What ideas? What dynamics? What's the emotional tone - are you thinking fretfully about office politics, or thinking pleasurably about 17th C French dramaturgy?
-  Give yourself about an hour for this exercise.
-  If anything comes to mind afterwards, jot it down.

Questions:

1. What do you spend most of your time and energy on when nobody is watching, and in your day-to-day life? List the top 4 things.

2. When you talk with friends / family, what do you spend most of your time talking about? List the top 4 things.
3. When you daydream, what do you most often daydream about? List the top 4 things.
4. When you browse the internet, what do you spend most of your time looking at / looking for? List the top 4 things / categories.
5. What do you find yourself reading about most in the news? List the top 4 things.
6. What do you find yourself reading or learning about (outside of any area of professional specialisation)? List the top 4 things.
7. Where are you most organised in your life? Where are you most reliable? List the top 4 things.
8. What do you do when you need to kill time? List the top 4 things.
9. What do you spend most of your money on? What are you budgeting for? List the top 4 things.

10. If you think about having free time, what do you want it for? List the top 4 things.

11. If you think about having spare money, what do you want it for? List the top 4 things.

Have this list to hand when you watch the Values Overview.