

NIGEL JONES

CERTIFIED POSITIVE PSYCHOLOGY COACH, NLP PRACTITIONER & HYPNOTHERAPIST
AUTHOR: WALKING BACK TO HAPPINESS; THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING



COACHING

CHALLENGE YOURSELF

www.9kmby9am.com/coaching



IDENTIFYING YOUR VALUES

Setting goals and following your dreams becomes a lot easier once you have identified your true values and cemented your beliefs. By doing this, you will be better placed to find your purpose. Using these three proactive measures, you can create a mindset that will lead to a fulfilling life of fun and happiness.

Tony Robbins says values 'are like a compass that directs your life'.

WHAT ARE VALUES?

Values are the universal concepts that unite people. They include concepts like fairness, justice, freedom and equality.

Values motivate us, demotivate us and justify our behaviour.

You can add, delete and restructure your values to support the life you want.

CHANGING VALUES

By changing your values and beliefs you can change your story, your world and the direction of your life.

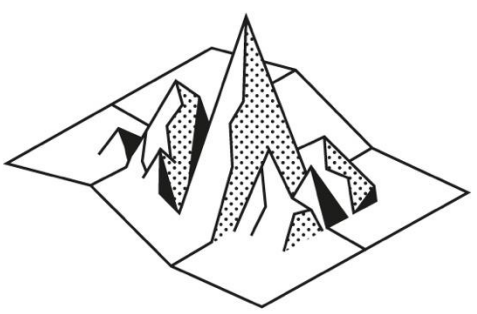
Embrace your values. Put your values list somewhere visible so you can read over them every single day until you absorb their guidance.

Create a rule system around your values to empower you.

THE MAP IS NOT THE TERRITORY

All information has to enter through our minds and the brain uses our values and beliefs as a filter system to influence how we perceive the world around us.

Everyone looks at the world, or the territory, through their own map, a map built on their values and beliefs. A map unique to them. No two maps are the same.



MY VALUES & RULES

VALUE	RULE
Health	Walk 9km a day Don't drink alcohol
Mental health	Meditate daily
Meaning	Read philosophy daily
Love & family	It's hard to make rules around this because it is not a 'to do' list. I just became more loving and wanted to express this. This manifests itself in things like saying 'I love you' to my wife and hugging my children more often
Learning	Listen to a podcast at least twice a week Always have a book that I am currently reading Learn a new song on the piano and/or guitar every week
Giving back	Do a charitable thing each day
Gratefulness	Write down three things I am grateful for every day
Fun	Smile as much as I can
Connection	Meet one new person each day

NIGEL JONES

CERTIFIED POSITIVE PSYCHOLOGY COACH, NLP PRACTITIONER & HYPNOTHERAPIST
AUTHOR: WALKING BACK TO HAPPINESS; THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING



COACHING

CHALLENGE YOURSELF

www.9kmb9am.com/coaching



IDENTIFYING YOUR VALUES

STEPS YOU CAN TAKE...

STEP 1 – IDENTIFY YOUR POSITIVE & NEGATIVE VALUES

Make a list of your positive and negative values.

The idea isn't to pick solely from the list, but to expand the list and add your own values based on your own experiences and personality.

POSITIVE VALUES	NEGATIVE VALUES
<p>Here is a list of positive values to choose from. This is by no means exhaustive, but it's a good start: achievement, balance, compassion, determination, fairness, fun, gratitude, happiness, humility, influence, justice, kindness, leadership, optimism, peace, respect, spirituality, teamwork, understanding, wealth, wisdom, zest.</p>	<p>Here's a few I'd like to avoid. Again, this is in no way exhaustive: anger, bad temper, conflict, discouragement, disinterest, envy, failure, forgetting your worth, guilt, giving up easily, jealousy, not believing in yourself, not standing up for yourself, overthinking, trying to please everyone.</p>

STEP 2 – REVIEW & FINALISE YOUR LIST

Sleep on your first list and add to it by identifying the core values that support the vision you have of yourself. These values are the ones you want to live your life by and never stray from.

STEP 3 – LOOK AFTER YOUR LIST

Keep it somewhere safe so you can refer back to it.

Review regularly. Your vision of yourself will evolve over time, so your values need to evolve with this vision.

MY POSITIVE VALUES

Health, family learning/wisdom, love, creativity, gratitude, success, humour, fun, courage, fairness, temperance

MY OLD NEGATIVE VALUES

Anger, conflict, failure, not believing in myself, bad temper, unhealthy lifestyle

The core values I now live by, and will never stray from, are:

love, family, connection, fun, humour, meaning, happiness, caring, calmness, creativity, physical and mental health, learning and wisdom, giving back, gratitude, doing things right now, courage, fairness and valuing relationships above all material things.

