

Questions to elicit values

What do you enjoy doing?..... What does that give you?..... That is your value.

What is important to you?

What energises you?

What do you choose to give your energy to?

What must you have in your life to feel fulfilled?

Describe the last time had great fun?

Last time felt fulfilled and happy? Who was there? What happened?

Describe a great day at work.

Describe a time you felt proud.

How do you like to be treated?

If no limits what would your life look like?

What does success mean to you?

Who do you admire? Why?

What is in your (personal and professional) space that is important to you?

How do you like to spend your time?

What do you like to spend your money on?

What annoys you?What would you prefer instead?.....That is your value.

What makes you feel angry?

What drains your energy? Or who (what is it about them)?

What is non-negotiable in your life?

Fifty things that make you happy

Where are you most disciplined, organised, focused?

What TV shows do you most enjoy watching?

What books do you like to read?

When creating goals ensure that they are aligned to your values.

Check your needs – wants – wishes list (for 2023/5 years and long term) to ensure your values show up and support in creating purposeful and meaningful personal and professional goals in line with your vision/mission/purpose.

