

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 you had great fun.
- Last time you 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 there were 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, and 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.
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- Check your needs – wants – and 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.