

Relationship Values inventory Part A

Since your life reflects what you value most, why not look at your objective results?

These are the 12 areas to consider:

For each one of these areas you will end up with three or four items

1. How do you fill your space?
2. How do you spend your time?
3. How do you spend your energy?
4. How do you spend your money?
5. Where are you most organized?
6. Where are you most disciplined?
7. What do you think about?
8. What do you visualize?
9. What do you talk to yourself about?
10. What do you talk with others about?
11. What do you react to?
12. What are your goals?

Examine these in turn and see how they piece together and reveal your core values.

I suggest you randomly and rapidly write down everything that comes to mind for each section and record the top 3 or 4 top answers.

1. How Do You Fill Your Space?

Look at how you have filled your home, office and car. What objects fill these areas?

Just as a wall of photographs does not a photographer make – (maybe it who is in the photos that's important) and a lover of flowers may not love gardening.

Ask yourself: "What do these things with which I've chosen to surround myself mean to me?"

How Do You fill Your Space?

1. _____
2. _____
3. _____

2. How Do You Spend Your Time?

Often what we feel is our highest value doesn't match up with our struggling 14 hours a day at work. But how you choose to prioritize to get work done does.

What claims most of your day? What comes in second? Third? Fourth?
if you look at the prioritization according to time, and view it in consideration of the other ten categories coming up, then your values begin to come into sharp focus.

OR your time may be where your values most conflict.

The professional or new mother may push aside their values because they feel they must complete a task- and feel stressed in the process. Perhaps they are living according to social expectations and not their own.

How would I spend my time if I had complete choice about it?

1. _____
2. _____
3. _____

3. How Do You Spend Your Energy?

You certainly have plenty of energy to do those actions you truly value most, because doing

what you love energizes you.

You become fatigued when you cannot see your highest values fulfilled.

Ask yourself, For what actions do I seem to have plenty of energy? What actions invigorate

me? Where do I love to spend the most energy during the day, the week, or the month?

You'll require less sleep and express more life force and vigor when you're doing what you love and loving what you do: doing what is truly highest on your values.

How do you spend your energy?

1. _____
2. _____
3. _____

4. How Do You Spend Your Money?

People will spend their money according to their values said Alfred Marshall in Principles of Economics.

When people have a high value on saving money and becoming wealthy, they will save first, before paying the bills.

Your values determine whether you'll be rich or poor, or have a wine taste or a beer pocket?

Where Do You Spend Your Money?

1. _____
2. _____
3. _____

5. Where Are You Most Organized?

If you are organized and focused on something it is in your highest values. What you don't value you ignore and let slip. Where are you organized or chaotic?

Your lowest values will require outside motivation to get done. What in life runs smoothly? What is a chaotic mess?

Where Are You Most Organized?

1. _____
2. _____
3. _____

6. Where Are You Most Disciplined?

You don't need to be pushed to do what you value most in life. Have you ever seen a kid who can't concentrate at school spend hours focused on a computer? You are focused and disciplined about what you value.

You are a disciplined person - in the areas you value!

Where Are You Most Disciplined?

1. _____
2. _____
3. _____

7. What Do You Think About?

Have you ever had an unexpected idea in the shower? Your values pop up in unexpected places. They don't fit the schedule.

Watch your thoughts and learn who you are.

What Do You Think About?

1. _____
2. _____
3. _____

8. What Do You Visualize?

What images fill your mind and inspire you? Do you see yourself travelling, or resting in a beautiful garden?

Your dreams and aspirations reveal your deepest values and passions. Dreams that appear to be different often reveal underlying common values.

What do you imagine for yourself? What is your personal vision? What do you imagine your future to be? Is there a common theme?

What Do You Visualize?

- 1. _____
- 2. _____
- 3. _____

9. What Do You Talk to Yourself About?

We are made of many parts and at times they like to argue with themselves. What are you talking to yourself about? What are you trying to convince yourself? What inner debates go through your mind?

Your constant self talk is about what you care about and value. You're constantly running affirmations or destructive talk revolve around your highest values.

What Do You Talk to Yourself About?

- 1. _____
- 2. _____
- 3. _____

10. What Do You Talk with Others About?

In a group we all seem to steer the conversation to topics we value. We even bore a bemused audience with inundations of detail we find fascinating.

When you meet someone new, what do you find yourself chatting about most? With friends, what do you constantly want to talk about?

What Do You Talk with Others About?

- 1. _____
- 2. _____
- 3. _____

12. What Are Your Goals?

What values do your goals focus around? Do you see a pattern? Are they family, business, travel, spiritual goals?

The goals we value will flow from pen to paper easily? You are clear of their details or a they are broad in their vision

That excite you and even bring you to tears of passion.

Which goals do you pursue nearly every day?

What Are Your Goals?

1. _____
2. _____
3. _____

The Language you Use

In the next part of the process we will look at how you feel about these 12 areas of life.

For the moment examine the words you use to describe these life areas.

The language you use describe these answers can help you determine what you value about them..do you see a pattern in the words you used to describe these life areas?

Do you use words like beauty or beautiful, fearful or scared, or sexy?

Our language determines the images that fill our minds and inspire our heart.

As you look over your list of 3 items in each area what descriptive words come to mind for each item.

In describing your goals for example, think of the most powerful language you can to motivate you to reach your goals.

Can you list these values according to a hierarchy of values?.

Hierarchy of Values:

- 1st _____
- 2nd _____
- 3rd _____
- 4th _____
- 5th _____
- 6th _____
- 7th _____

Are any of these values where you feel a void in your life? What you perceive as a lack or void is often a value that you desire.

When you are ready, move to the next part and we will prioritize your emotions and feelings against your life situations in a more structured way. (Just to be sure).